



My Values Compass

Choosing a Direction When There Is No Perfect Answer

HOW TO USE THE COMPASS

Use this when several choices are possible or none feels easy. The compass will not select the path for you; it helps you notice which direction better reflects what matters.

THE CROSSROADS

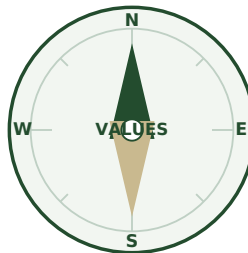
What decision, situation, or area of life am I trying to navigate?

N WHAT MATTERS HERE?

Name 1-3 values, not outcomes. Examples: honesty, connection, courage.

W WHAT COULD PULL ME OFF COURSE?

Fear, urgency, approval, avoidance, habit, or pressure from others.



E WHO DO I WANT TO BE HERE?

Name the qualities you want your actions to express, regardless of the outcome.

S WHAT MIGHT THIS DIRECTION ASK OF ME?

What discomfort, effort, boundary, or trade-off might come with it?

MY NEXT WAYPOINT

The direction I want to move toward:

One small action that would begin moving me there:

A values-aligned direction can still feel difficult. Discomfort does not automatically mean you are off course.