

THE 5-MINUTE COMPASS

A simple way to Regain Your Bearings

STOP. Take a moment. No fixing anything yet. Just notice where you are.

1. WHERE AM I?

What feels most unsettled in my life right now?

2. WHAT'S PULLING ME OFF COURSE?

A person? An expectation? Fear? Money? Work? A decision? Something else?

3. WHAT'S ONE SMALL COURSE CORRECTION?

Not everything. Just one thing I can do differently today.

STOP. OBSERVE. CHOOSE.

You don't need to know the whole route. **You only need to find your next bearing.**



Tim Anderson

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