

Your Inner Compass

We make hundreds of work decisions every week. Without a clear compass we drift: busy, but not fulfilled. Your inner compass has three parts that make decisions simpler.

The practice

Values · the why

What truly matters to you in work: growth, service, excellence, creativity, security, freedom.

Principles · the how

The rules you live by at work:
"I keep my word." "I treat everyone with respect."

Priorities · the what

The one or two areas you choose to focus on right now.

Clues to your values: the days you felt proudest at work, and the moments you felt uneasy or out of line with yourself.

Your practice this week

- Listen to the Step 1 audio once a day.
- Write your top five work values, three principles and your priorities for the next three months.
- Before one important decision each day, check it against your compass.

Amazing Tarot · Professional Mastery · This practice supports wellbeing and performance and is not a substitute for professional advice.

My practice

My five work values

#	Value	What it means to me
1		
2		
3		
4		
5		

My three principles

My priorities for the next 3 months

Compass check log

Day	Use it this week: decision	Did it fit my compass? What did I choose?
1		
2		
3		

End-of-week reflection

1. Which value did you live most fully this week?

2. Which decision became easier because of your compass?

3. Where do your work and your values pull in different directions?

4. What would you like to be known for at work in three years?

Next: Step 2 · Your best work · Finding Your Best Days