

Compass Point™

HEAD TOWARD YOUR BEST LIFE EVERY DAY

By creating and using a **Compass Point™** you will feel and **know that you're absolutely moving in the direction of your best life no matter what's going on in your world.**

This means that some days you'll be on fire, checking the boxes and getting sh*t done. Other days, you'll be sick, or tired or have external circumstances that gum things up for you. We don't want those days to derail you. By using this tool, you'll take action every day that moves you closer to your best life.

How does it work?

First, you need determine your Compass Point is. This is the way that you want to feel about yourself and about your life regardless of what specific things unfold for you.

For example - Wendy's Compass Point:

I free, easy and joyful. I am bursting with love. I try the things I want to try. I meet failure with laughter and curiosity, and success with excitement and humility. I give with complete generosity and receive with grace and gratitude.

Once you know what yours is, you'll use it as a filter for setting goals and deciding what actions to take on any given day by asking yourself the question **"Does this get me closer to or further from my Compass Point?"**

Yesses are actions to take first. Anything that feels sort of neutral should be weighed to make sure it's worth your time. Nos get crossed off – they are always a waste of your time.

The cool thing about this tool is that on days when you're run down, sick, or just "not feeling it," you can still use the questions for whatever actions you are taking that day.

This way you can rest assured that every day of your life, with actions big and tiny, you are always moving forward, always heading in exactly the direction you've chosen.

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