



My compass checklist



Which of these is true for you:

- My friends seem to have more luck than me
- I try hard to live up to the expectations my family has of me
- I am often unsure of what to do and call my mom/friend/partner to discuss the possibilities
- I have a bad day when I don't feel good about my appearance
- I need a few drinks to be able to loosen up at a party
- I would never be the first one on the dancefloor
- I don't like people coming by unannounced, my place is usually a mess!
- I call in sick to my job/school often
- I have a lot of expectations of my (future) partner and am not willing to compromise in what I want
- I like observing people
- I take advice from my loved ones very seriously
- I look up to a lot of people I know
- I take things personally
- I feel left out easily



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Did you check 6 boxes or more?

You're most likely being led by your outer compass. Chances are you're not choosing yourself 100%. You're not doing what you want to do deep down.

Oftentimes, you're unsure about what's best for you and you want to take any and all options, advantages and disadvantages into account.

A lot of your time is spent thinking and overthinking decisions. You also talk a lot to people close to you about what you should decide.

Somehow you've lost the connection to *feeling* what is good for you.

And most of the time it's exactly in that feeling where your inner wisdom is. Not in your thoughts, not in your mind.

How can you switch compasses and choose to live by your inner compass?

Tips:

- ✓ When looking at the options you have, which one immediately brings a smile to your face?
- ✓ *Feel* what you want. What if you were the only one here, no phone, no other people; what does your gut tell you?
- ✓ Where in your body do you feel a yes? Where do you feel a no?
Try this: ask yourself a simple question to which your answer is yes. Feel that yes. Is it in your stomach? In your arms? In your neck? Locate your YES! Do the same for 'no'. Know where in your body the yes&no are.
- ✓ Practice gratitude. Daily. For at least a minute. (Check out my Instagram highlight for 30 inspirational questions)
- ✓ Earn your own trust. Practice feeling the answers within yourself. Daily. At least once.

You know yourself best. You absolutely do.
Choose to live by your inner compass. You deserve
it.