

# Compass



- Where will your travels and adventures take you this summer? Some of you may find yourselves out in the mountains or on a remote track, needing maps and a compass to help you navigate properly and arrive safely at your destination.
- The same can be true in our everyday lives, when our values can act as a compass to guide our decisions and help us navigate life successfully.
- Take a moment to be still. Listen to your breathing to centre yourself and let the outside world and its worries recede.
- What are your personal values that guide you through life? Honesty? Kindness? Compassion? Generosity? Something else?
- Choose one of those core values to focus on today – or this week – how will it influence your interactions with others? Your use of time? The choices you make?
- Do you feel that your life is aligned with your core values? Is there anything missing? Anything to develop? This isn't about giving yourself a hard time, but maybe deciding on a focus for the summer holidays and beyond.