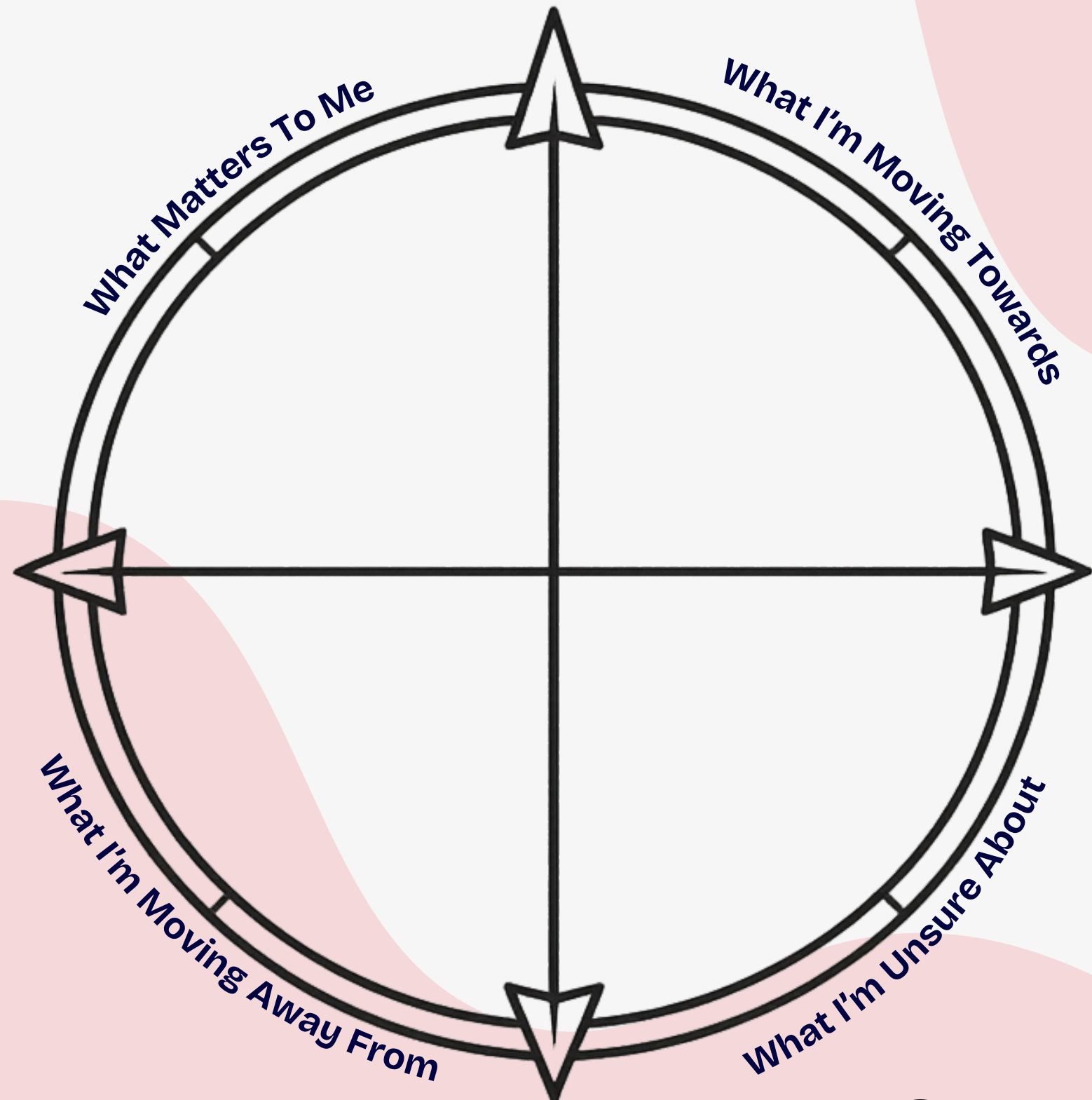


Compass of Meaning

Each quadrant of the compass has a specific prompt to write. Fill in each quadrant according to the title of each and let it serve as a tool to help you identify meaning and prioritise what's working for you and what might not be.



Live a life true to yourself, letting your values guide you.

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