

The Annual Compass

This is a planning tool I devised to help me figure out what I want to accomplish in the coming year and what I need to do to stay on track. While I wrote it with adults in mind--with a few modifications, it can also be a useful tool for parents to use with their children.

If you're a parent, you can look at the same four areas of your child's life, substituting the work/career category with a school/learning category. However, I'm not a big fan of letter grades for children. You may simply want to use this form as food for thought or as a conversation starter with your child. If you and your child go through it together, simplify the verbiage in order to make it age appropriate.

I suggest you give stars—rather than letter grades. Four stars would be indicative of areas of strength and success while fewer stars would signify areas that need attention. Afterwards, have a conversation with your child to discuss your reflections, enlisting their input as well. Be sure to start the conversation positively by pointing out successes and areas of strength. If there are problematic areas, together with your child, devise a strategy to make improvements.

RELATIONSHIPS

(Give yourself a letter grade from A-F for the following four relationship areas.)

Note: Perhaps a friend or someone in your immediate or extended family is extremely difficult to get along with. If you've decided to keep the person in your life, it's important to accept the limitations of the relationship. If the relationship doesn't interfere with other aspects of your life, you may very well deserve an A. However, if relationship difficulties are spilling over into other areas--making it difficult to work and causing stress related health problems, grade yourself accordingly.

- a. Relationships with Friends Grade: _____
- b. Relationships with Immediate Family Members Grade: _____
- c. Relationships with Extended Family Members Grade: _____
- d. Relationships with Business Associates (if applicable) Grade: _____

DEVISING A SOLUTION

Do you have relationships that you'd like to improve?

What changes can you make to improve your satisfaction with the relationship?

Did health or work difficulties negatively impact your relationships?

If health or work difficulties negatively impacted your relationships, how can you keep them from doing so in the future?

WELLNESS

(Evaluate your health and wellness issues by giving yourself a letter grade from A-F)

Note: Perhaps you are dealing with a serious health challenge such as diabetes. If you are taking good care of yourself and managing your illness to the best of your ability, you may very well deserve high marks.

- a. Healthy Diet Grade: _____
- b. Sufficient Exercise Grade: _____
- c. Sufficient Sleep Grade: _____
- d. Adequate Down Time _____
- e. Energy Level Grade: _____
- f. Ability to handle stress Grade: _____

DEVisING A SOLUTION:

Which areas of your health would you like to improve?

How will you go about making these improvements? Be specific.

Did relationship difficulties negatively impact your health?

If relationship difficulties negatively impacted you physical or emotional health, determine how to keep them from doing so.

WORK and CAREER

(Give yourself a letter grade from A-F for work or career satisfaction and financial success.)

Note regarding a.) Work or Career Success: Our work is likely to vary during different phases of our lives. There are times in our life when we have a job simply to pay our bills or tuition. At other times in our life, we may have a fulfilling career that makes our soul soar. Either scenario could warrant a good grade. However, if you detest your work, and it negatively affects other areas of your life such as your health or relationships, grade yourself accordingly.

Note regarding b.) Financial Success: Everyone's situation is different. Perhaps, you don't feel the need for more money in your life. However, if you do--and are coming up short, grade yourself accordingly.

- a. Work or Career Satisfaction Grade: _____
- b. Financial Success (if applicable) Grade: _____

DEVisING A SOLUTION:

Are there areas of your work or career that you would like to improve?

How will you go about making these improvements? Be specific.

Did relationship or health difficulties negatively impact your work or career?

If you answered yes to the above question, determine how to keep them from doing so.

SPIRITUALITY and MORALITY

(Give yourself a letter grade from A-F in the following areas.)

- a. Do your actions coincide with your beliefs? (Do you walk the walk?) Grade: _____
- b. Do you find ways to help others? Grade: _____
- c. Do you feel and express gratitude? Grade: _____
- d. Do you find time to turn inward? Grade: _____

DEVISING A SOLUTION:

What areas would you like to improve?

How will you go about making these improvements?

Do you take part in activities (including work), or have relationships that that are in direct opposition to your soul's happiness?

If your relationships or activities are in opposition to the soul of who you are, determine the changes you plan to make in order for you to live in sync with your soul's desires.

ASSIGNMENTS: When you've finished filling out your report card, I hope you'll take the time to follow up with the following three 'assignments.'

- 1.) Make one broad 'life' intention for the New Year. As an example, my intention is to positively co-create through action and acceptance. Write your own intention down in the space below. You may also want to write it down on a small piece of paper, fold it up, and keep it in your billfold.
My intention is to:
- 2.) Make a date with yourself to review your report card each month, checking to see if you're staying on track by continuing to make the intended changes. Keep it in a handy place. If you receive new insights, feel free to revise your life intention as well as your solutions in each of the four categories.
- 3.) Have the best year of your life!