

Introductory Module Lesson 1: Narrative Building Your Personal Compass

Slide 2: What is a Personal Compass?

- **A tool for making intentional decisions.**
 - **Explanation:** In our day-to-day lives, we make countless decisions—big and small. Often, we make them on autopilot, based on what we think we "should" do or what's easiest. Your personal compass is a tool that forces you to pause and ask, "Does this decision truly align with me?" It's a way to move from simply reacting to consciously choosing.
- **Guiding principles for your life.**
 - **Explanation:** Think of this as your personal code of conduct. It's not a set of rules imposed by someone else; it's the principles you choose to live by. For example, if "honesty" is one of your guiding principles, you'll find yourself making choices that are truthful, even when it's difficult.
- **More than a destination—it's a direction.**
 - **Explanation:** We often get so focused on a destination—a promotion, a certain weight, or a specific relationship status—that we forget to enjoy the journey. Your personal compass isn't about setting one rigid destination. Instead, it's about having a clear sense of direction so that every step you take feels meaningful, regardless of where the path leads.

Slide 3: The First Point: Your Core Values

- **Your deepest-held beliefs.**
 - **Explanation:** These are the beliefs that you carry with you, whether you've consciously thought about them or not. They are often formed by your experiences and shape your perspective.
- **What matters most to you.**
 - **Explanation:** For some, it's about making a positive impact on the world. For others, it's about creativity, security, or family. Your values are the things that, if you were to compromise them, would leave you feeling empty or unfulfilled.
- **The non-negotiables of your life.**
 - **Explanation:** A simple example is a non-negotiable around health. If health is a core value, you would likely say "no" to a lifestyle or a job that required you to neglect your physical or mental well-being.

Slide 4: Exercise: Identifying Your Values

- **What makes you feel proud and fulfilled?**
 - **Explanation:** When you recall a moment of great satisfaction, what was happening? Were you helping someone? Were you completing a challenging project? The emotions in those moments are clues to your values. For example, if you felt proud after teaching a skill to someone, perhaps "mentorship" or "generosity" is a core value.
- **What makes you feel angry or frustrated?**

- **Explanation:** On the flip side, strong negative emotions often point to a violation of your values. If you get frustrated when a project is unorganized, maybe "order" or "clarity" is a value of yours.
- **List your top 5 core values.**
 - **Explanation:** This is your call to action. Take a moment to jot down five words that represent what you care about most in the world.

Slide 5: The Second Point: Your Strengths

- **Your natural talents and skills.**
 - **Explanation:** This isn't just about professional skills; it's about what you do naturally. Maybe you're the person everyone comes to for advice, or you're great at spotting small details others miss. These are your natural gifts.
- **What you do effortlessly.**
 - **Explanation:** Think about a task that you can get lost in. For a project manager, it might be organizing a team. For an artist, it might be creating something beautiful. What feels easy and energizing for you?
- **Your secret sauce!**
 - **Explanation:** These are the unique combination of things that make you "you." No one else has your exact mix of experiences, skills, and values. Your strengths are what make you special and effective in your own way.

Slide 6: Exercise: Recognizing Your Strengths

- **Think of a time you were complimented on your work.**
 - **Explanation:** This is an easy way to get external validation of your strengths. If a colleague said, "You are so great at presenting," it's a clue that "public speaking" or "communication" is a strength.
- **What activities make you lose track of time?**
 - **Explanation:** We've all had moments where we get so absorbed in something that an hour feels like five minutes. What is that for you? Is it writing, solving a puzzle, or volunteering? The things that absorb your attention are often tied to your natural strengths.
- **Write down your top 3 strengths.**
 - **Explanation:** Once you've identified a few key moments, it's time to name them. You can use simple words like "creativity," "empathy," or "problem-solving."

Slide 7: The Third Point: Your Life's Purpose

- **What gives your life meaning.**
 - **Explanation:** This is the big picture. What impact do you want your life to have on the world? What legacy do you want to leave behind?
- **Your 'why'.**
 - **Explanation:** The idea of purpose is often simplified down to your "why." It's the reason you get up in the morning and the fuel for your passion.
- **The impact you want to have on the world.**
 - **Explanation:** This doesn't have to be on a global scale. Your purpose could be to "create a safe and loving home for my family" or to "inspire creativity in others."

