Inner
Compass
Journal

A 7-Day Journey to Reconnect with Yourself.

You don't need a map - you just need a starting point



### Day One - Begin Where You Are

# Centering Thought

You may be feeling lost in a maze. You don't have to figure a way out.

Clarity comes from starting where you are.



#### Day One - Beginning Where I am



#### Where am I today?

- What has my body been trying to tell me lately?
  - What has been feeling dull, heavy, or just...off?

#### What is quietly working?

- When today (or recently) did I feel a flicker of ease, connection, or relief?
- What part of me still feels alive?

#### **Next Step**

• What is one small thing I could do (or not do) to honour where I am at?





## Day Two—The Weight I Am Carrying

## Centering Thought

The weight I carry first asks to be honoured before it can be solved.



#### Day Two - The Weight I Carry

#### Where am I today?

- What emotional or unspoken weight have I been carrying?
  - What part of that load isn't mind to carry anymore?

#### What is quietly working?

- When have I recently feel seen, even slightly?
- What helps me feel less alone, even if only in memory?

#### Next Step

• What would lighten me by even 1% today?





## Day Three - Listening Differently

## Centering Thought

Sometimes your soul will speak in sighs, through your pain, in dreams or in stillness.



#### **Day Three - Listening Differently**



- If I pause and stop, what do I hear beneath the surface noise I am surrounded by?
  - What is there in my life that is trying to get my attention?

#### What is quietly working?

 What do I keep showing up for even when I feel empty?

What do I still long for, even if I have buried it?

#### Next Step

• Where can I be quieter or more honest today?



### Day Four—The Honest Mirror

# Centering Thought

The weight I carry first asks to be honoured before it can be solved.



#### Day Four - The Honest Mirror



#### Where am I today?

- If I pause and stop, what do I hear beneath the surface noise I am surrounded by?
  - What is there in my life that is trying to get my attention?



#### What is quietly working?

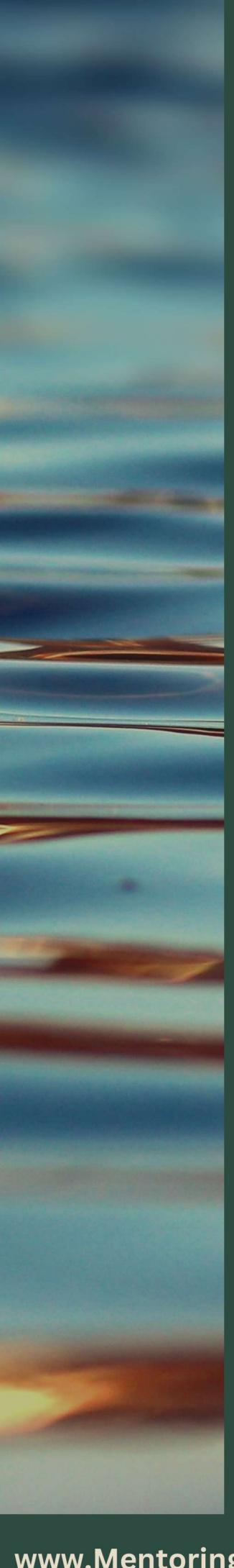
- What do I keep showing up for even when I feel empty?
- What do I still long for, even if I have buried it?

#### Next Step

• Where can I be quieter or more honest today?

Today I give myself permission to.....

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### Day Five - Trace of Aliveness

### Centering Thought

You are still here, and something in your is still saying yes to life



#### Day Five- Trace of Alivenessr



- When did I last feel even a brief sense of aliveness or connection?
  - What part of me feels most distant or asleep?

#### What is quietly working?

- What helps me feel slightly more alive? (music, nature, work, stillness...)
- Who or what do I feel safe with??

#### Next Step

• What can I touch, taste, or do today that helps me feel more here?

Today I give myself permission to.....

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### Day Six—Reclaiming the Lost

# Centering Thought

Sometimes we have to remember who we were before the world told us who to be.



#### Day Six- Reclaiming the Lostr



#### Where am I today?

- What part of me have I abandoned, hidden or lost along the way?
  - What would it feel like to welcome that part back?

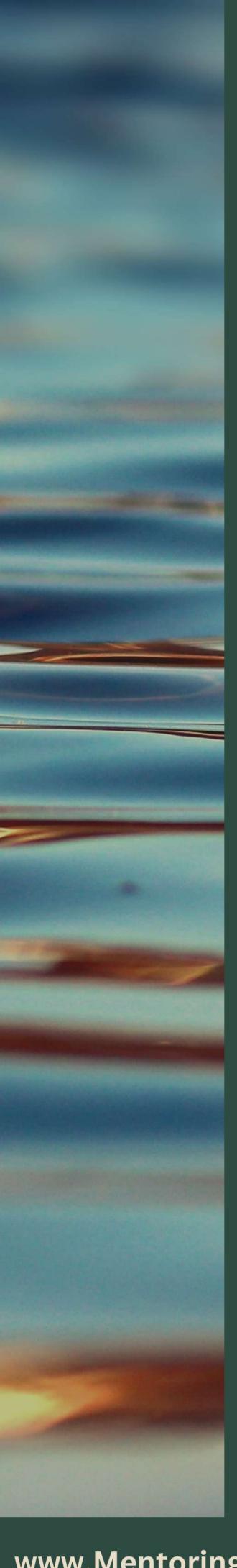


#### What is quietly working?

- What values or qualities have always lived in me even when I forgot?
- What moments remind me of who I really am?

#### Next Step

 What would it look like to reconnect with one part of my true self today?



## Day Seven - A Compass not a Map

# Centering Thought

You don't need to see the whole path - just take the next step honestly



#### Day Seven- A Compass not a Map



• What do I need more of in my life right now?

 Where do I feel ready to grow, release, or begin again?

#### What is quietly working?

 What have I learned (or remembered) this week about myself?

What strengths have surprised me?

#### Next Step

• What is one thing I want to carry forward from this week?

### Final Reflection: After Seven Days

- What have I noticed about myself in these seven days?
- What's shifted, softened or become clearer?
- What feel different in my body, in my thoughts, or in how I am meeting my day?

If you would like deeper support, reflection or mentoring, I offer 1:1 soul-aligned mentoring for men navigating emotional fatigue, grief and disconnection.

You can call me on +61 459 852 342 www.mentoringthroughthemaze.com.au

