

The background of the entire page is a misty, golden-hued forest path that leads towards a bright light at the end of the road. In the foreground, there is a large, intricate stone labyrinth or maze. The text is overlaid on this background in a white, serif font.

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?

Today I give myself permission to.....



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?

Today I give myself permission to.....



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



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 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



Where am I today?

- 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 Lost



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?

Today I give myself permission to.....

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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



Where am I today?

- 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?

Today I give myself permission to.....

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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**

