



MY PERSONAL COMPASS

AN INDIVIDUAL PLANNING WORKBOOK
FOR FOUR WEEKS.



ORIGIN

A plan that belongs to you

Write your name and choose one current focus. Return to your focus each week. Keep what helps and adjust what no longer fits your circumstances.

One focus

Name / start date

What I want to make room for

The time and support actually available

Choose

What matters this week?

One action / time / place

What can wait?
