

MASTERING YOUR INNER COMPASS WORKSHOP

Self-Leadership Assessment

Rate each statement 1 – 5

1 = rarely true 3 = sometimes true 5 = consistently true

PILLAR 1 SELF-AWARENESS & SELF-REGULATION		PILLAR 2 PERSONAL VISION		PILLAR 3 PERSONAL MASTERY	
1	I can name the emotion I'm feeling in the moment it arises.	1 2 3 4 5	1	I can articulate my top 3–5 personal values.	1 2 3 4 5
2	I notice my triggers before I react to them.	1 2 3 4 5	2	I have a clear picture of who I want to be in 3–5 years.	1 2 3 4 5
3	I ask for candid feedback - and use it.	1 2 3 4 5	3	My day-to-day choices reflect what matters most to me.	1 2 3 4 5
4	I recover quickly from setbacks or criticism.	1 2 3 4 5	4	I can say 'no' to things that don't serve my vision.	1 2 3 4 5
Subtotal (/20)			Subtotal (/20)		
			Subtotal (/20)		

Three Questions to Sit With

Which pillar is my strongest today? *Where does it show up for others?*

Which pillar needs attention? *What does the cost of ignoring it look like?*

What would a single-point improvement look like? *Name the behavior, not the outcome.*

MASTERING YOUR INNER COMPASS - CORE VALUES EXERCISE

Choose your core values

Pick 3–5 words that describe the person you want to be, not the person you're afraid to not be.

Acceptance	Comfort	Diversity	Friendship	Initiative	Nurturing	Relationships	Stability
Accountability	Commitment	Duty	Fun	Innovation	Open-mindedness	Reliability	Stewardship
Achievement	Community	Education	Generosity	Insight	Optimism	Resilience	Strength
Adaptability	Compassion	Effectiveness	Grace	Inspiration	Order	Resourcefulness	Success
Adventure	Competence	Efficiency	Gratitude	Integrity	Originality	Respect	Sustainability
Altruism	Confidence	Empathy	Grit	Intelligence	Passion	Responsibility	Teamwork
Ambition	Connection	Empowerment	Growth	Intimacy	Patience	Rest	Thoughtfulness
Authenticity	Consistency	Encouragement	Happiness	Intuition	Patriotism	Risk-taking	Tolerance
Autonomy	Contentment	Endurance	Harmony	Joy	Peace	Sacrifice	Tradition
Awareness	Contribution	Energy	Health	Justice	Perseverance	Safety	Tranquility
Balance	Cooperation	Enthusiasm	Helpfulness	Kindness	Persistence	Security	Transparency
Beauty	Courage	Equality	Heritage	Knowledge	Playfulness	Self-awareness	Trust
Belonging	Courtesy	Ethics	Home	Leadership	Power	Self-care	Truth
Boldness	Craftsmanship	Excellence	Honesty	Learning	Practicality	Self-discipline	Understanding
Bravery	Creativity	Excitement	Honor	Legacy	Preparedness	Self-expression	Uniqueness
Calmness	Credibility	Exploration	Hope	Liberty	Presence	Self-respect	Unity
Candor	Curiosity	Fairness	Hospitality	Love	Privacy	Selflessness	Vibrancy
Career	Decisiveness	Faith	Humility	Loyalty	Proactivity	Serenity	Vision
Caring	Dedication	Family	Humor	Mastery	Professionalism	Service	Vitality
Challenge	Dependability	Fearlessness	Imagination	Meaning	Prosperity	Significance	Vulnerability
Charity	Determination	Fitness	Impact	Mindfulness	Punctuality	Simplicity	Warmth
Cheerfulness	Dignity	Flexibility	Inclusion	Moderation	Purpose	Sincerity	Wealth
Citizenship	Diligence	Focus	Independence	Modesty	Quality	Solitude	Well-being
Clarity	Discipline	Forgiveness	Individuality	Motivation	Recognition	Spirituality	Wisdom
Collaboration	Discovery	Freedom	Influence	Nature	Reflection	Spontaneity	Wonder

My 3 – 5 core values

1
2
3
4
5

Values-First Canvas

Draft a one-sentence personal vision. Work top → bottom; the sentence writes itself.

01 MY CORE VALUES Pick 3–5 words that describe the person you want to be, not the person you're afraid to not be.	02 MY UNIQUE GIFTS What comes naturally to you that others find hard? What do people thank you for?	03 WHO I SERVE Whose life is better when you're at your best? Be concrete - role, context, need.	04 THE CHANGE I MAKE The shift you create for them. Use strong verbs.
---	---	--	---

MY PERSONAL VISION

I lead from **[values]**
so that **[who I serve]**
can **[the change]**
by bringing my **[unique gifts]**.

Choose one mastery habit

Small practices compound. Pick one - not four - to strengthen over the next 30 days.

GOAL-SETTING	FEEDBACK	BALANCE	REFLECTION
<p>One 15-min weekly review. Write three outcomes, three obstacles, three moves.</p> <hr/> <p>STARTER MOVE</p> <p><i>Sunday, 7pm, kitchen table, with coffee.</i></p>	<p>Ask one person each week: 'What's one thing I could do differently?' Then just listen.</p> <hr/> <p>STARTER MOVE</p> <p><i>Pick the person now. Put the ask on your calendar.</i></p>	<p>Protect one daily non-negotiable (walk, workout, early sleep). Defend it like a meeting.</p> <hr/> <p>STARTER MOVE</p> <p><i>Block the time in your calendar before you leave the room.</i></p>	<p>End-of-day, 3 minutes: what gave me energy, what drained me, what's one thing to do differently tomorrow?</p> <hr/> <p>STARTER MOVE</p> <p><i>Keep it on your nightstand - not your phone.</i></p>

The GROWTH framework

Six moves that carry self-leadership beyond this room.

G	R	O	W	T	H
<p>Gain Awareness</p> <p>Notice what you feel, think, and do - name it in real time.</p>	<p>Reflect</p> <p>Pause to examine patterns. Journal, walk, pray, or talk.</p>	<p>Own</p> <p>Take responsibility without self-punishment. This is mine.</p>	<p>Willpower</p> <p>Choose the small, hard action your future self will thank you for.</p>	<p>Transform</p> <p>Convert insight into repeatable, observable behavior.</p>	<p>Harmonize</p> <p>Align values, vision, and daily life - outside matches inside.</p>

