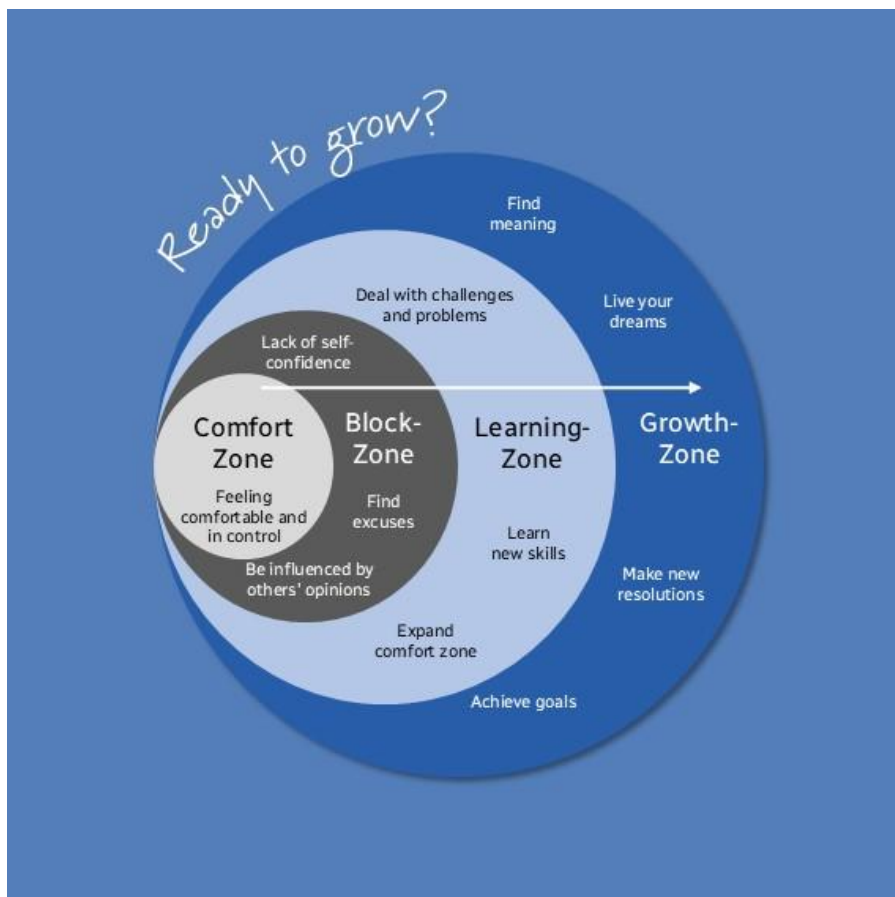


My Compass



Welcome, as the creator of your future

You hold a tool in your hand that helps you actively advance your development.

You may dream and fill your areas of life with new qualities.

Along the way, you will discover what is especially important. Perhaps hidden talents will come to life again, or you will realize which old compromises you can confidently leave behind.

And sometimes it becomes clear that the little everyday things become strong pillars in your life and shine in a new light.

- We recommend that you start with the holistic reflection of the day after tomorrow.
- Then turn to your present reality.
- On this basis, you can develop concrete steps for your tomorrow.

But you can also jump freely in the workbook and dive into wherever it draws you. The only important thing: don't move too quickly into action. Good reflection opens the path to get to know your inner drivers and turning your wishes, and joys into reality.

Enjoy your journey of discovery

Urs & Ruth

My Day After Tomorrow

Holistic
reflection Today

2

Holistic
reflection
Tomorrow

3

Holistic
reflection Day
After Tomorrow

1

Ikigai



SOURCE: dreamstime

TORONTO STAR GRAPHIC

The word Ikigai comes from Japanese and is composed of 'iki' for life and 'gai' for value. Translated, Ikigai means 'value of life' or 'worth living.' More loosely, Ikigai can be understood as 'what makes life worth living' or 'joy of living.'

What you LOVE

What inspires you?
How do you like to spend your free time?
What do you often or gladly talk about?
What do you do passionately?

What the world NEEDS

What do you want to stand up for?
Which problems do you want to (help) solve?
What would you like to change in the world?
What do you want to make happen?

What you are GOOD AT

What comes easily to you?
What qualities will others admire in you?
What talents and strengths will you have?
What skills have you always been able to learn quickly?

What you can be PAID FOR

What will your profession be?
How will you earn your money?
Which other sources of income will you have?
Which abilities could you also monetise?

The Five Pillars of Identity

Body and
Mind

Social
Network

Job
(Work and
Achievement)

Material
and
Cultural
Security

Values and
Life
Philosophy

A journey to yourself ...

In 3 – 5 Years: Fill your Areas of Life with Qualities

Look at the different areas of your life:
With which qualities do you want to fill them?

Private life, Family

Learning, Skills, Knowledge

Friends, Community

Recreation, Hobbies, Creativity

Physical health, Fitness

Mental health, Self-awareness

Habits, that define you

A Better Future*

* What will you do to leave the world in a better state than you found it?

My Today

Holistic
reflection Today

2

Holistic
reflection
Tomorrow

3

Holistic
reflection Day
After Tomorrow

1

The Five Pillars of Identity

Body and
Mind

Social
Network

Job
(Work and
Achieve-
ment)

Material
and
Cultural
Security

Values and
Life
Philosophy

Where do you stand today ...

This is What Mattered in Recent Years

We live our lives in different but interconnected areas.
Take a look at the following areas and ask yourself what important events took place in each of them.

Private life, Family

Profession, career

Friends, Community

Recreation, Hobbies, Creativity

Physical health, Fitness

Mental health, Self-awareness

Habits that define you

A better future *

* What have you done to leave the world in a better state than you found it?

Six Sentences About the Last Years

Wise decisions you made ...

Important lessons you learned ...

Risks you took ...

Big surprises in recent years ...

Important things you did for others ...

One (or several) big things you accomplished ...

Six Questions About the Last Years

Who or what helped you overcome your challenges?

Which people influenced you most?

Which people did you influence?

What did you not manage to do?

What is something beautiful you discovered about yourself?

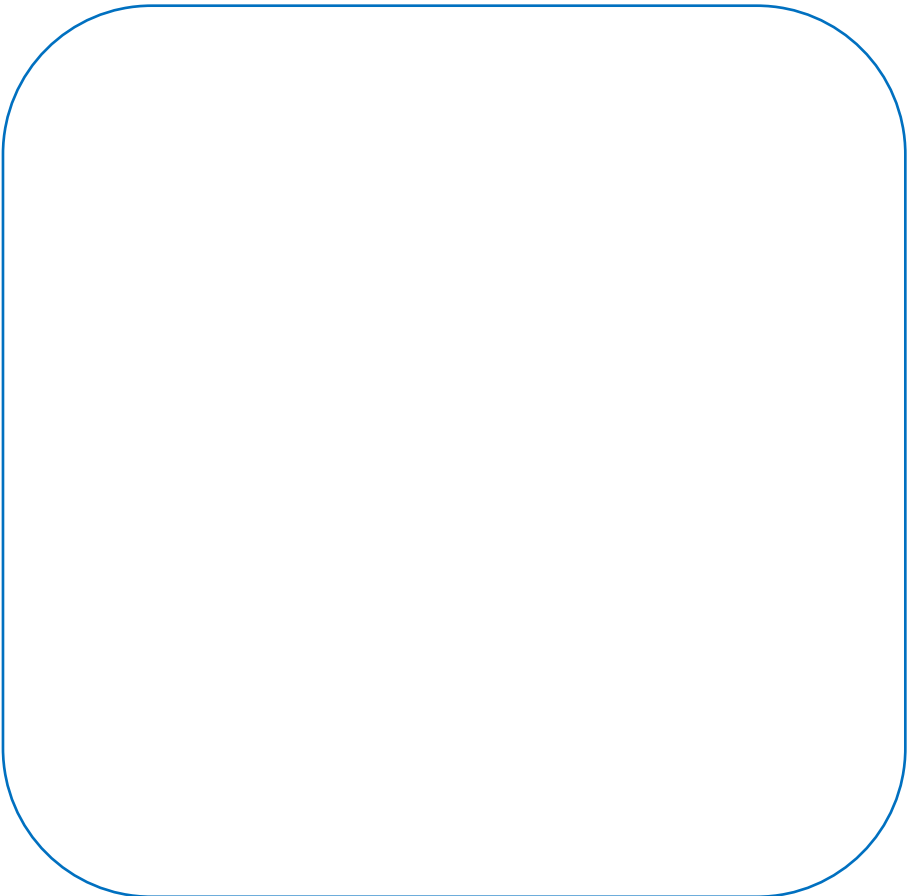
What are you grateful for?

Letting go

Is there something you still want to release?

Is there something you must let go of to begin a new chapter?

Draw or write it down, reflect on it – and let it go.

A large, empty rounded rectangle with a blue border, intended for drawing or writing.

My Tomorrow

Holistic
reflection Today

2

Holistic
reflection
Tomorrow

3

Holistic
reflection Day
After Tomorrow

1

The Coming Year

My Word for the Coming Year

Choose a word that symbolizes and characterizes your coming year. This word will give you strength when things are difficult and remind you not to give up on your dreams.



My Secret Wish

Let your imagination run free.
What is your secret wish for the coming year?



That is What It Will Be About

Look at the different areas of your life and decide what will be important to you in the next 12–18 months:

Private life, Family

Profession, Career

Friends, Community

Recreation, Hobbies, Creativity

Physical health, Fitness

Mental health, Self-awareness

Habits, that define you

A better future*

* What is important to you so you can leave the world in a better state?

My Magical Things ...

This is what you will love about yourself:

This is what you definitely want to achieve/implement:

These are the places you want to visit:

These are the habits you want to establish:

This is what you dare to discover:

These are the ways you want to connect with your loved ones:

My Concrete Implementation Topics

This is what you will do:



This order/sequence make sense:



This is how you will approach things:



These people can support you:



Congratulations

You have engaged with your development, your dreams, and your reality.

It is possible ...

Much success in your implementation!

Date: _____

Signature: _____

Created with joy and experience by *Urs & Ruth Bolter*

<https://persens.com/en/>

Do you like the Compass? Share it with your friends!
Help us to help as many people as possible.

💡 And if you would like some support, we are happy to assist you as a sparring partner. Just drop us a line – we look forward to hearing from you!

[Mail to Urs Bolter](#) or [Mail to Ruth Bolter](#)