



THE DEEPLY CREATIVE COMPASS

A gentle guide for finding your next right step

Sometimes we don't need a five-year plan.
We simply need a moment to pause, listen deeply,
and notice where life is inviting us next.

Use this compass as a gentle reflection tool whenever you
feel disconnected, overwhelmed, uncertain, or ready for a new beginning.



Spirit

WHAT IS CALLING
ME DEEPER?

- What gives me meaning?
- Where do I feel most alive?
- What am I longing for?

W



Heart

WHAT WANTS TO
BE FELT?

- What emotions are present?
- What am I carrying?
- What needs compassion?

N



S



Mind

WHAT IS SEEKING
CLARITY?

- What thoughts keep returning?
- What decisions need attention?
- What truth am I beginning to see?

E



Body

WHAT NEEDS CARE?

- How is my energy?
- What is my body asking for?
- What would nourish me today?

WHAT DO I NEED MOST RIGHT NOW?

- | | |
|-------------------------------------|-------------------------------------|
| ☐ Rest | ☐ Movement |
| ☐ Courage | ☐ Trust |
| ☐ Creativity | ☐ Joy |
| ☐ Connection | ☐ Reflection |
| ☐ Simplicity | ☐ Nature |

MY NEXT DEEPLY CREATIVE STEP

*One small action I will take
in the next 24 hours.*

The compass does not tell you where to go.
It helps you listen for where your life is already inviting you.

Dr Linda Young
THE DEEPLY CREATIVE

