



## Campsite Seven—Don't Forget Your Compass

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



### Key Learning Points—Don't Forget Your Compass

- Live with integrity.
- Be compassionate with others.
- Make good choices.



### Application Exercises—Don't Forget Your Compass

1. We sometimes allow ourselves to act in ways that aren't consistent with our highest values. Is there an area in which you would like to challenge yourself to live more consistently with your values? What behavior changes would that involve?
2. Are there any lingering resentments that you need to let go? How can you forgive and move forward? Are there any relationships in your life that need repairing? How will you do that?
3. Could you be more patient and compassionate with others? Could you be better at responding to the needs of others, including family members? In what ways?
4. Keep a journal in which you make notes of times when you feel uplifted or when "your soul speaks to you"—times when you feel you are on your best path in life. Reflect on what you learn from that journal.
5. Life is a journey of choices.
  - Are you drifting through life and avoiding choices that would allow you to have the life you want? What choices do you need to make?
  - Do you sometimes get carried away by circumstances? Do you view yourself as a victim of circumstances? How can you begin taking charge of your life?
  - Do you plan your life in a way that the most important things get done? What do you need to spend more of your time on? How can you motivate yourself to get the difficult things done?
6. What is your life purpose? What do you want to accomplish with the rest of your life? How do you want people to remember you? Are you making choices that will fulfill your life purpose?



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