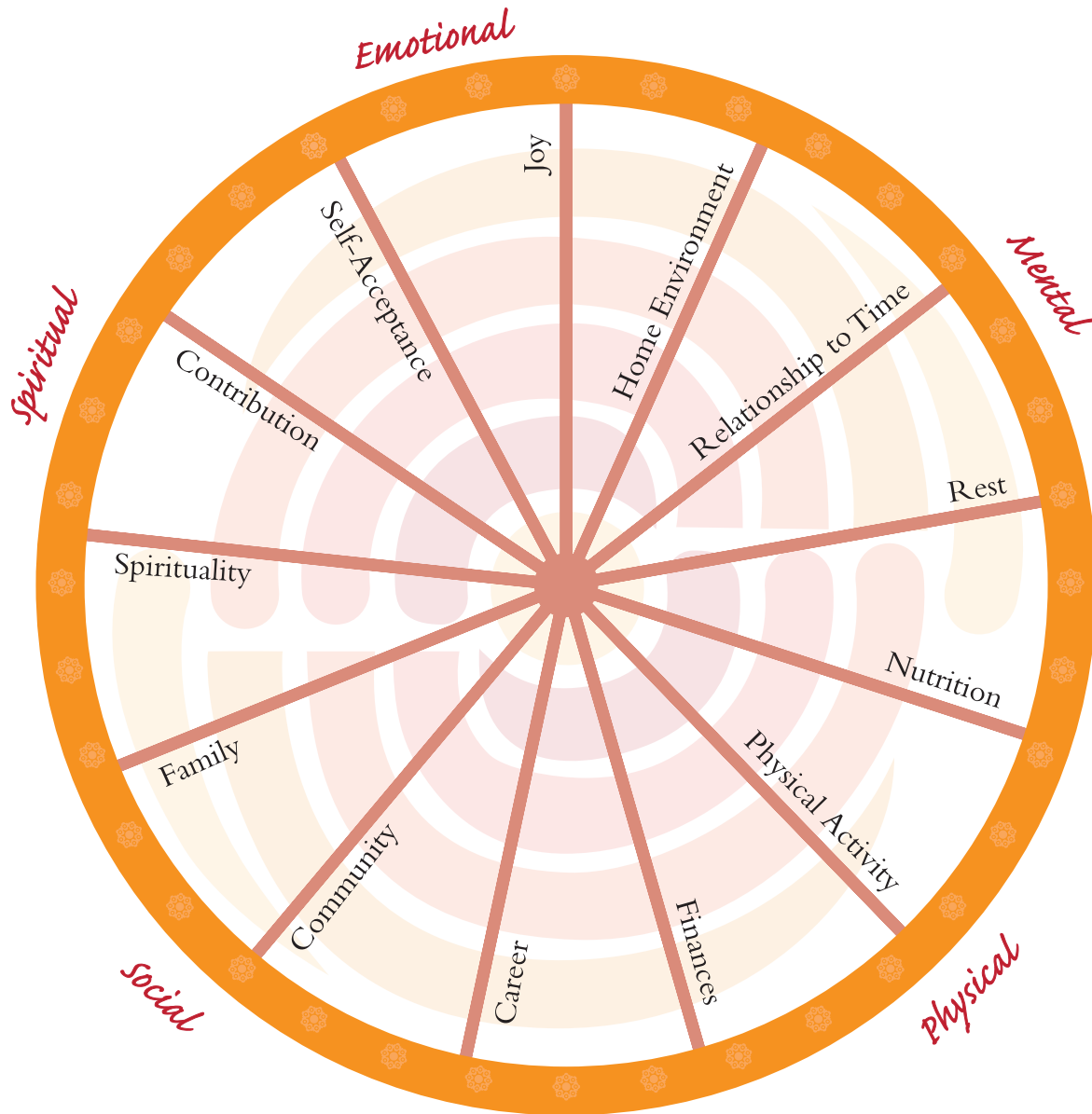


Radical Self-Care Compass

Discover which areas of your life need attention & how to navigate towards greater wellbeing!



Which areas are asking for YOUR attention?

1. Place a dot on the line in each area to indicate your level of satisfaction. Place a dot at the center of the circle to indicate complete dissatisfaction, on the periphery to indicate complete satisfaction, or somewhere in-between.
2. Connect the dots to see your Core Brilliance Compass (see example).
3. Identify what's working, what questions this brings up, and what steps you want to take towards greater self-care. Determine where to invest your time and energy to navigate towards greater joy and satisfaction.



To apply for a free discovery session and learn more about radical selfcare...

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