

**Creating Your Personal Compass – A reflection exercise for transition times (or anytime). Shared with the HUB May 15, 2025**

Adapted by Jude TiersmaWatson from Wilkie Au, *The Enduring Heart*, pp 48-49.

Note that this exercise can be done in one sitting, or it may take some time, depending on where you are in life. The final question, regarding the center, may take time. This resource can be adapted for retreats, classrooms, group or personal use.

At any given point in our lives, we experience a mixture of desires, urgings, and longings that stir us in various directions. Grief and disappointment can be major factors. Sometimes they are compatible, but other times they are conflicting and require us to choose among them: to let go of one thing in order to embrace another, to say good-bye to something in order to say hello to something new.

1. On a piece of drawing paper, divide the paper into four quadrants, marked with N S E W, representing the four directions. Leave an area in the center of the circle open.
2. In each of the quadrants, draw or write events, choices, images, questions, reflections fitting that direction. Using magazine pictures and colored markers/pencils can be helpful for processing what emerges.

**West:** The direction of the setting sun. This is the direction of ending and letting go. What or who needs to be released, ended, shed? What do you need to die to? What maps no longer work for your life? Where is deep healing needed? Are there images of God you need to let go of? Images of yourself? Your circumstances?

**East:** The direction of the rising sun. What new energy and/or movement is starting to emerge in you? What new thing is God doing? Where are you being called to embrace something new? What areas might need healing or transformation as you step into the new?

**North:** The north star represents the place God/faith has in your life, your guiding light, your spiritual center. Who is it that deeply loves and guides you? Who are your spiritual guides and deepest friends? What are the images of God that nurture and sustain you? What scriptures ground you? Is there a metaphor that guides you? What spiritual practices root you?

**South:** The direction of sunny exposure. This direction is marked by your spontaneity, creativity, playful energy, and imagination. Where is your creative energy being called forth? What are your dreams? What do you really long to do or be? How do you nurture and restore yourself?

In the Center, draw your image of an unconditional yes to your life, to living it fully. What would a full yes to God look like, physically, mentally, spiritually.

When completed, spend some time in reflection, prayer, journaling or sharing with others. What are you being invited into? Where are you saying yes? Where are you struggling? Return to your compass to allow it to reveal more fully the insights that are there for you. In transition times, the compass may not feel “complete” but be an ongoing resource.