



In each area of the Learning Compass, write a sentence summarizing where you are in your life right now. Repeat every few months.

Lifeline Insights: Lessons and insights from your life so far

Needs: Deeper motivators affecting what's important to you

Shadows: Hidden parts of you, including desires and undeveloped capabilities

Life Stage: Where you are in your life

Sense of Power: Your feeling in charge of your life

Learning Preferences: How you like to learn and resources you prefer

Motivated Competencies: Knowledge, skills you have and like to use

Values: Principles that guide your choices

Life Purpose: Why you are here