

HOW TO CREATE YOUR OWN COMPASS, PT. 1

Know what makes your life worth living — and make a plan to focus on it.

One thing that makes my life worth living is _____.

EXAMPLE: *One thing that makes my life worth living is my relationship with my partner.*

Why?

EXAMPLE: *We're a good fit for each other and she helps keep me sane. Her best qualities are some of my worst...and so just being around her makes me a better person. We have a lot of fun together, especially when we take an entire day to hang out and go on little adventures (hiking, trying new restaurants, riding bikes downtown, etc.).*

How am I currently neglecting this part of my life?

EXAMPLE: *We haven't gone out on a proper date in like, 2 months. We just get busy doing other things and usually order in food and watch Netflix. It's nice...but it's the same old routine. It's just become habit.*

What one thing can I do today to fix that?

EXAMPLE: *I'm going to plan an entire date day of fun stuff and surprise her. We'll spend Saturday exploring the city, eating food, and get dressed up to go out somewhere nice for dinner and drinks.*

What one small thing can I do every day to focus on this?

EXAMPLE: *For the next month, I'm going to send her a text every day and share one thing I love about her, one way she makes my life better, or compliment her on something unexpected.*