

# How to use this Worksheet

Your Inner Compass · Purpose

## INSTRUCTIONS

- Find a quiet moment. This takes 3 to 5 minutes.
- Don't overthink. Write the first honest answer that comes to mind.
- Short responses work best. Single words or phrases are enough.
- There are no right or wrong answers. This is not a test.
- Skip any line that feels unclear. You can return to it later.
- Move through it gently.

## SUGGESTIONS WHILE FILLING IT

- Answer from instinct, not logic.
- Think about who you have always been, not who you are trying to become.
- Notice what feels familiar, not impressive.
- If a line makes you pause, that usually means it matters.
- Don't aim for perfection. Aim for truth.

## WHEN YOU REACH THE FINAL SECTIONS

### → My Guiding Sentence

Read it once slowly. It reflects how you try to live.

### → My Constant

This is the one line to remember. It represents what keeps you grounded. Come back to it any time you feel lost, pressured, or unsure.

## WHY THIS WORKS

- **Values create stability.** Neuroscience shows that reconnecting with core values activates the ventromedial prefrontal cortex, the region associated with self-concept and emotional regulation. It creates a quiet steadiness, especially during uncertain times.
- **Self-recognition effect.** When you complete sentences about yourself, the brain activates memory and identity networks through a process called self-referential processing. The insights feel personally true because they are drawn from your own neural patterns.
- **A compass you can return to.** Your Guiding Sentence and Constant become what neuroscience calls retrieval cues. When you return to them in moments of stress, they quickly reactivate your sense of identity and calm the stress response.

*Designed by a certified coach and neuroscience expert for the MYRA platform*

## Your Inner Compass

Remember Who You've Always Been

### WHAT HAS ALWAYS BEEN TRUE

As a child, I was someone who \_\_\_\_\_

I have always cared deeply about \_\_\_\_\_

I have never been comfortable with \_\_\_\_\_

I feel most like myself when I am \_\_\_\_\_

I have always been naturally good at \_\_\_\_\_

### THE REAL ME THAT NEVER CHANGED

No matter what age I am, I carry \_\_\_\_\_ with me

When life gets difficult, I choose to \_\_\_\_\_

I feel most inspired by people who \_\_\_\_\_

### WHAT I NEVER WANT TO LOSE

I never want to lose my \_\_\_\_\_

I feel proud when I live by \_\_\_\_\_

The quality that shows up in everything I've listed above is \_\_\_\_\_

### MY GUIDING SENTENCE

*I am someone who values* \_\_\_\_\_ ,

*believes in* \_\_\_\_\_ ,

*and tries to live with* \_\_\_\_\_ .

### MY CONSTANT

My blueprint for any situation is \_\_\_\_\_ .

*It guides me when nothing else is clear.*