The Self-Reflection Compass

Worksheet

When you are unsure where to begin, do not start with answers. Start with direction.

How to use this worksheet

This is not about finding the ‘right’ answer. It is about orienting yourself when things feel confusing or overwhelming. You can start in any section and move around in any order that feels helpful. Take your time, there is no rush.

NORTH | NOTICE

Begin with what is here. Before you analyse, explain or judge, simply observe what is happening inside you. You are collecting information, not trying to fix anything.

What am I experiencing right now?

(Example: “I feel tightness in my chest, my thoughts are racing, and I feel restless.”)

Which thoughts keep returning to my mind?

(Example: “I keep thinking ‘I can’t cope’ or ‘I don’t know what will happen next’.”)

What feelings are present, and where do I feel them in my body?

(Example: “Anxiety in my stomach, frustration in my shoulders, or sadness behind my eyes.”)

What feels easy right now? What feels difficult or heavy?

(Example: “It is easy to stay quiet; it feels difficult to speak up or face the situation.”)

EAST | UNDERSTAND

Look deeper to see what might be influencing your reactions. Be curious rather than critical — understanding brings clarity.

Does this situation or feeling feel familiar? Have I responded this way before?

(Example: “Yes, when I feel unsure, I tend to pull away instead of asking for what I need.”)

What patterns do I notice in my behaviour or thoughts?

(Example: “I expect things to go wrong, or I take responsibility for other people’s feelings.”)

What underlying need might be driving how I am reacting?

(Example: “I may be needing safety, reassurance, respect, space, or to feel in control.”)

Is this way of responding helping me move forward, or keeping me stuck?

(Example: “Avoiding conversations keeps the peace short-term but makes trust harder to rebuild later.”)

SOUTH | CHOOSE

Once you understand what is happening, you have the power to respond with intention rather than reacting automatically. Small choices make a big difference.

What matters most to me in this situation? What are my core values here?

(Example: “Honesty, respect, peace, loyalty, or protecting my own well-being.”)

How do I want to show up for myself and others, even when it is hard?

(Example: “I want to speak calmly instead of shouting, or listen without interrupting.”)

Which choices or actions align with the person I want to be?

(Example: “Being open, keeping promises, setting clear boundaries, or taking time to process things.”)

What is one small, realistic step I can take today to move in this direction?

(Example: “Share one feeling instead of staying silent or agree a time to talk without arguing.”)

WEST | GROW

Every experience, even the difficult ones, holds a lesson. Growth happens through reflection, not perfection.

What do I want to keep and carry forward from this experience?

(Example: “The fact that I am willing to try, or what I have learned about my own limits.”)

Which habits, thoughts or reactions no longer serve me well?

(Example: “Hiding how I feel, assuming the worst, or trying to please everyone.”)

What surprised me about myself or how I have handled things so far?

(Example: “I was stronger than I thought, or I noticed I get defensive when I feel criticised.”)

What have I learned about myself that I can use in future situations?

(Example: “I need more time to process change, or I feel safest when I am honest.”)

COMPASS REMINDER

A compass will not tell you exactly where to go. It simply keeps you orientated towards yourself.

You are not becoming someone new. You are getting to know who is already here.