



The Compass

Society often values things that are easy to measure (money, powerful positions, specific awards, social status, and pleasure). But these are not necessarily correlated with health, happiness, meaning & purpose, being loved, being a good person, liking who you are, and other important qualities.

Our “Compass” exercise is meant to help you discover more about what you truly value and want. We think defining more personalized metrics can be invaluable in navigating big life decisions and ultimately in growing into a stronger and healthier version of you.

Journal Exercise

Before you start, review your journal rules

1. On a new page, create a list of personal core values that are things you **can** control
2. On the same page, create an opposing list of things that are the opposite end of the spectrum or the antithesis of each of your core values
3. Go back through your first list, and highlight and/or put stars next to the values that you want to prioritize as your top tier
4. Journal about this process. How did it go? Did you discover or feel anything surprising? Do you think your values have evolved over time?

Bonus mental exercises to help you think creatively about your values. Feel free to use an extra page or 2 of your journal as worksheets:



Fight Monsters Curriculum

Exercise #3

- *What are some values you would not be willing to compromise even if your boss threatened to fire you unless you violated them.*
- *What are some values you would not be willing to compromise even if your significant other threatened to leave you unless you violated them.*
- *What are some values you would not be willing to compromise even if your parents threatened to disown you unless you violated them.*
- *If you were to end your life in financial ruin, what would you have needed to achieve to know you were still a success?*
- *Think about some of your heroes. What are some of their unique qualities that you admire?*
- *Who are some of your least favorite people? What are the most unattractive qualities about them?*
- *What things are more important than:*
 - _____ > *prestige*
 - _____ > *power*
 - _____ > *pleasure*
 - _____ > *being liked*



Personal Values

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Antithesis



Journal Debrief: