

WEEK 2 - Your Compass Point

This worksheet is part of the '2021 New Year Reset' Course. The related video can be found [here](#).

If you haven't done Week 1's exercise, I'd recommend completing that before you continue - your pillars will provide you with the foundation for the rest of your work ([video](#) | [worksheet](#))

STEP 1 - In order to use the templates in this course, you will need to make a copy of them.

If you **have** a Gmail account...

Select **File** (in the upper left-hand corner)
→ **Make a Copy** → **Save to your drive**

If you **don't have** a Gmail account...

Select **File** (in the upper left-hand corner)
→ **Download as** → Select file format

STEP 2 - Brainstorm some goals/aims for your next year/few years

Pick a timeframe - a year, six months, five years... Where do you want to be? What's be the coolest thing that could happen during this time? Any bucket list items? Any fears you want to face? Skills you want to develop? Write your ideas down - the more the merrier.

You can use your pillars from Week 1 as a starting point, but don't limit yourself to these categories - dream big

STEP 3 - Prioritise your goals/aims

Look at your list of aims. Which are most important for your life right now? Anything you're excited to get started on? Or would make the biggest impact on achieving your future vision?

Don't overthink this step - which are the ones that jump out at you? Aim for 3-5

STEP 4 - Pick your compass point

Out of the list above, what is the **one** thing you want to focus on? What is your current **priority**? Why is this important to you at this time?

This is your current focus in life and should be a driving force for how you spend your time and energy - it's OK to have more than one idea, but you should only have one compass point. We want to do less, but better.

Remember: Pillars provide you with balance. Your compass point is your sense of direction.

With your pillars and compass point in hand, we'll look at having the right mindset in Week 3, before taking mindful action in the remaining weeks.