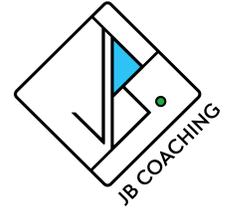


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Your Inner Compass

| Making Decisions with Your Head, Heart & Gut

Making decisions with only your mind leaves the wisdom of your heart and gut unheard. When these aspects of yourself are ignored, they create that nagging feeling of uncertainty. This worksheet guides you to integrate all three perspectives - your rational thoughts, your emotional feelings, and your instinctive senses.

While our education system trained us to rely heavily on logical thinking, accessing your complete inner compass (i.e. wisdom) leads to more confident and aligned decisions. Let's explore what your head, heart, and gut have to say about your current challenge.

CHALLENGE: My challenge is...

■ HEAD SPACE

Begin by placing your hands on your temples and taking three deep, cleansing breaths. Now, from a logical perspective, consider:

What facts and information do you have?

What are the practical implications?

Write or type out everything that comes to mind, no judgment.

I think...

■ HEART SPACE

Now, place your hands on your heart and take another three deep, cleansing breaths. From an emotional perspective consider:

List out what feelings arise around this. (Use the [Feelings Wheel](#) to get specific.)

What matters most to you in this circumstance?

Write or type out everything that comes to your heart with no judgment.

I feel...

■ GUT SPACE

You guessed it, place a hand on your belly, close your eyes if that is comfortable, and breathe deeply three more times. From your intuition:

What does your inner wisdom tell you? (It might be a short and direct answer.)

What do you sense is true at the deepest level?

Write or type out everything that comes to your gut. Let it flow without hesitation.

I sense...

■ INTEGRATION

Lastly, let's bring it all together.

What patterns or common threads do you notice from your Head, Heart, and Gut?
(Maybe, none.)

How do each of these perspectives align?

What is your best next step?

I have decided and committed to...

Remember, your decision is right for this moment given the information you have from your head, heart, and gut in this moment. As you learn, grow, and garner more details, your future choices differ - that's absolutely normal!

| REACH OUT Interested in sharing your insights and further exploring making decisions with the wisdom of your head, heart, and gut? I'm here, when you're ready. [Jump on the calendar](#) and get a fresh perspective + the support you've wanted to create lasting change. Cheers!

– Julie B.

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