

Journaling Exercise: Reorienting in the Present **Where am I now?**

Begin with a piece of unlined or drawing paper and draw a circle dividing it into four quadrants. Leave an area in the center of the circle open. In each of the quadrants, draw or write the events, choices, images questions that fit that direction. If you are feeling creative, do this as a collage of color, words or magazine clippings.

SOUTH: This is the direction of the sunny exposure where you find energy, imagination, spontaneity and play.

Where is my creative energy being called forth?
What do I really long to do or be?
How do I nurture myself?
What are my passionate hobbies?
Where do I find fun and play and rest?

NORTH: The north star represents a guiding light, the stabilizing forces

Who is it that deeply loves and guides me?
What are the images, pictures of God or Biblical scriptures that nurture and sustain me?
Who are my spiritual guides and dearest friends?
What is the grace story (from my life, or a biblical story) that animates me?

WEST: The direction of the setting sun – this is the direction of endings and letting go.

What or who needs to be released, ended, shed?
What beliefs, attitudes and patterns do I need to die to?...let go of?
What maps no longer work for my life?
Where is deep healing needed?

EAST: The direction of the rising sun – the direction of new beginnings

What new energy and/or movement is starting to emerge in me?
What is starting to happen and what am I taking hold of?
Where am I being called to embrace something new?
What issues or areas are you aware of that are in need of healing or change?

In the Center draw an unconditional yes to your life, to living it fully. If you have trouble, imagine yourself being willing to live fully present. What would a full yes to God in my whole human person: physical, mental and spiritual look like for me?

After completing the personal compass, spend some time in reflection and prayer asking, “Where am I struggling and where am I saying yes?”