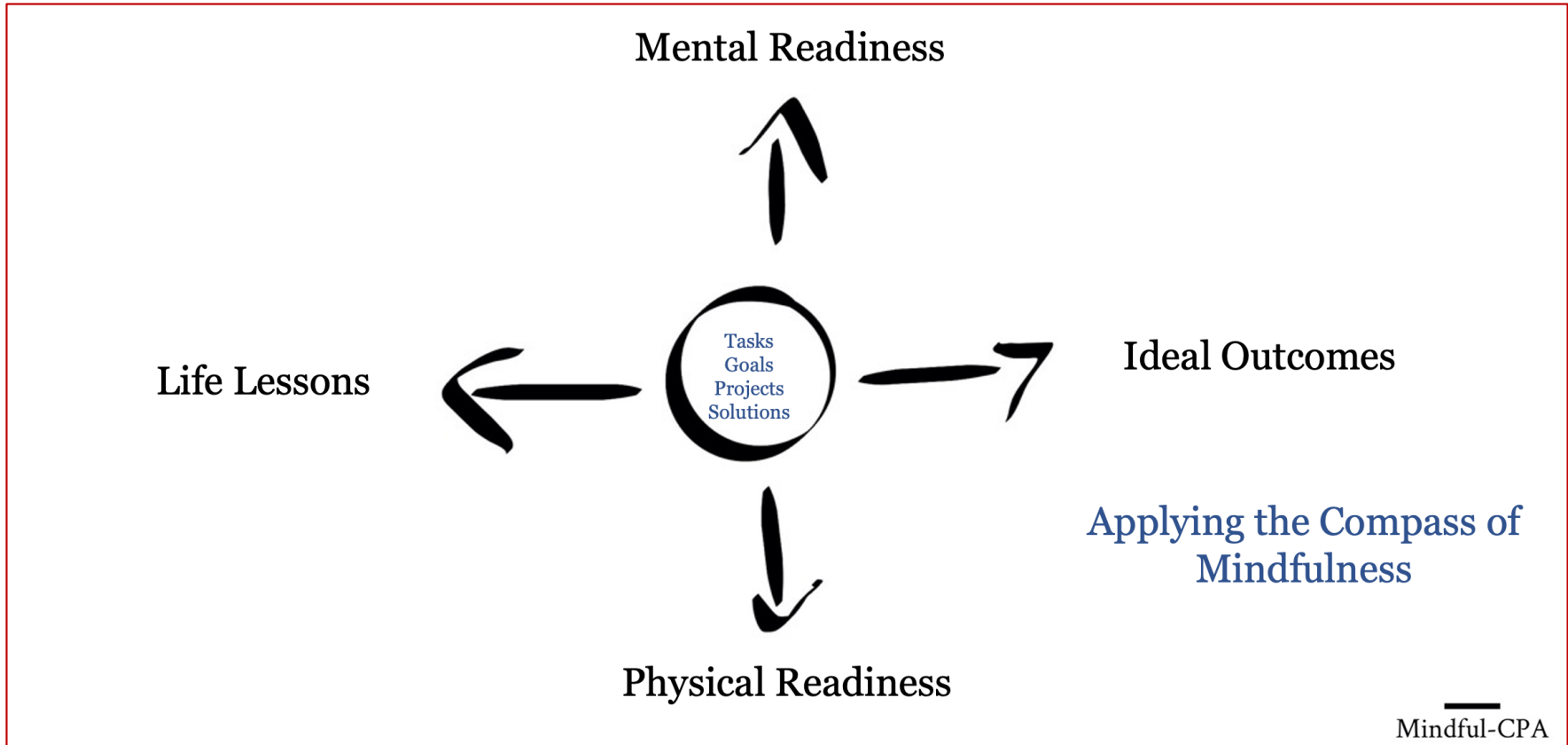
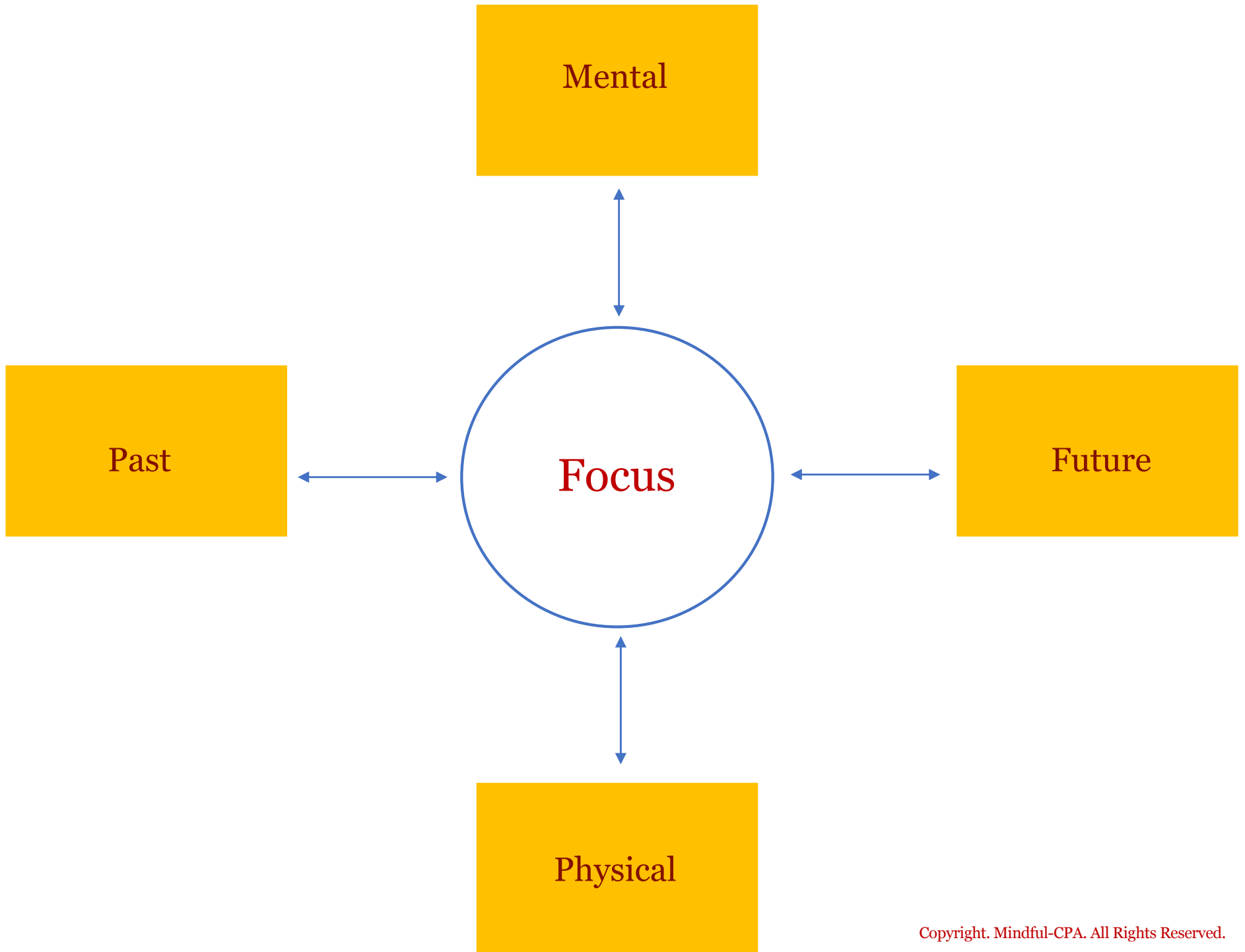


# The Compass of Mindfulness™





## Instructions:

- Start with your Area of Focus in the middle circle. This could be a vision, an idea, a goal etc.
- Once you have your Intention defined, then fill out the 4 Awareness Boxes with how you feel mentally and physically, what lessons learned can you use and what is your ideal outcome.
- Keep adding or removing language as you deem fit.
- Save multiple versions for your various areas of focus, projects and tasks you wish to use this tool for.
- Have fun!

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# Mindful-CPA