

## Inner Compass Daily Orienting Kit: Guide



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I always appreciate it when anyone is inspired to share something I have created. Please check with me if you would like to share a small piece of the material for a review or in your blog post.

If you would like to recommend the Inner Compass Daily Orienting Kit to someone, please refer them to my website ([www.wayfindingcoach.com](http://www.wayfindingcoach.com)) so they may purchase their own copy.

Thank you.

I would also like to acknowledge and thank pianist Taylor Hayward who has made some of his songs available for use in creative projects. The song that you hear playing in the background of the guided meditations is his song, entitled "Mary." (<http://www.taylorhayward.org/freemusic.htm>)





## What's In The Kit

Here's what's in your kit:

- The Guide
- Three Guided Meditations (Energize, Flow, Wisdom)
- Your Journal
- Extra Daily Journal Page

The **Guide** explains the process, and it will guide you through each step. It will help you understand why the process works so effectively, and how you can make it work for you. The guide comes to you in both audio (mp3) and written (pdf) formats. It's the same information in both formats. I've provided it in the two formats so you can choose the best one for your learning style.

The **Three Guided Meditations** (Energize, Wisdom, and Flow) are your doorway into the wisdom of your true self. When you listen to one of these meditations, you are refreshed and refocused, but the experience is much more than that. Any one of these meditations will guide you into becoming present to your deep wisdom within. As you listen, you will be receptive to hearing and feeling your inner guidance. These meditations are in mp3 format, and each day you can choose which of the three fits best for you.

I have upgraded this kit to give you a choice about whether or not you would like music in the background of the Guided Mediations. So, you will find six "GM" (Guided Meditation) mp3 files. Three of them have "Music" in the title of the file; those files have piano music playing softly in the background of the meditation. The other three, without the word "Music" in the title, have my voice alone, without any music.

Your **Journal** is your powerful focusing tool, your companion on the journey, and the sacred container for your relationship with your true self. Your journal has questions and activities specifically designed to sustain your connection to your inner guidance over time. It's your connection to your inner wisdom. Your journal helps you orient to your True North. It comes in pdf format.

The **Extra Daily Journal Page** is the one page that you use every day for your journaling, after you listen to one of the guided meditations. It's a pdf file, and you can print a supply of these pages to use every day, after you have used the ones that come in your journal initially.



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# Welcome



Hi, and Welcome. I'm Lynne Fairchild, Wayfinding Coach. I'm a Professional Certified Coach. Since 1997, I've helped Women Breadwinners find their way to a life of balance, ease, joy, and authenticity, by tuning into their inner compasses and acting from there.

I help my clients use their inner compass to find their way in life when there's no map.

We are living in an environment that's changing at an unprecedented rate, and it's nearly impossible for most of us to predict our life path with any degree of certainty. Most of us just don't have a map anymore.

This isn't bad news. Joseph Campbell said that if you have a map it's probably somebody else's map.

The truth is that you don't need a map for your life if you have a reliable connection to your inner compass.

But when you have neither a map nor a reliable connection to your inner compass, life is full of stress.

And when you *do* have a reliable connection to your inner compass, life becomes an enjoyable adventure. You are confident and sure-footed, even in the midst of

your own change, or changing conditions, because you have a clear sense of what's right for you.

Of all the life coaching tools I have used in over fifteen years with my clients, a daily connection to your inner compass is by far the most helpful and transformative.

This Inner Compass Daily Orienting Kit will help you develop a daily practice to connect to your inner compass.



## Thank You for Making this Commitment to Yourself



Thank you so much for being here. You've made a great decision to invest in your commitment and connection to your inner compass. Your inner compass is your source of inner guidance, clarity, and inspiration. Your connection with your inner compass is really the key to setting the direction to your life, to your own true north. You'll find you have more clarity and energy and peace when you're reliably connecting with your inner compass.

With this Inner Compass Daily Orienting Kit, you can go from no daily inner connecting practice to a powerful daily practice that's nourishing and keeps you connected to the guidance, energy and the wisdom of your inner compass.

This practice is a very practical tool to use in your life to help you set your direction and make decisions authentically. And even more importantly, it's a daily practice that takes only 20-30 minutes. So you actually can fit it into your life if it's an important priority for you.

When you make a commitment to orient to your inner compass on a regular basis, you'll experience a sense of peace unlike any you've ever experienced before. This is especially important in our world where things are moving so fast, the pace of life is unprecedented and we often have a lot of chaos in our environment. A daily practice of orienting to your inner compass can change your life in so many ways. It certainly has for me and for my clients.

## My Own Inner Compass Story



Let me tell you a little bit about my own journey and what inspired me to create this kit. I was in my late 30s when both of my parents died within 15 months. I was living in a big city - in Chicago, actually. I was very removed from my beloved nature connection. I was also in a relationship which wasn't good for me.



I was suddenly faced with being in mid-life and very conscious of how precious and tenuous life can be. I was really feeling like I was living somebody else's life.

It was very clear to me that I had lost connection to my inner compass, that essential inner connection that we all have, that we're all born with. I vaguely knew that I had an inner compass but I just had no clue as to how to connect to it or how to use it. I didn't know how to bring it effectively into my day-to-day life and allow it to help me set direction for my life as well as give me some guidance in all of my decision-making in daily life.

Somehow I instinctively knew that this vital connection to my spirit, my true self, my essence, my inner being, was really missing. And when I was at this place in my life I wanted more than anything to have a simple, daily practice that would restore that connection. But I just didn't have any clue as to the "how" of that.

I tried lots of things. I spent many years reading, going to seminars, going to spiritual retreats. I tried to meditate for years because I knew it would be good for me or maybe I should do it. But I really didn't have much success with any of that. My connection to my inner compass was still sporadic and unreliable at best.

Many of the self-help materials and books have a lot of good ideas, but I really needed to be actively engaged in my own inner connection rather than reading about it. In all that time, I never saw an interactive kit that engaged me effectively with my own inner guidance, aligning me with my own inner compass and really developing a relationship with that part of myself that would help guide me through my life.

So now I created one. This is based on my tried and true process developed in my own practice over the last few years.

My mission on this product, for you, is to give you a methodology and a simple process that will help you, on a daily basis, orient to your inner compass. My other criteria was that I wanted it to be powerful and effective and yet also a doable amount of time, so that anybody, if they were holding this as a priority in their life, could get it into their lives and really use it. So I wanted it to be practical in the least amount of time, and very easy to use, and still keep the sacred nature of this kind of a spiritual practice of tapping into your inner guidance.

This kit will actively engage you in meditation, journaling, self-discovery, reflection, and especially in listening to your inner guidance.

## What This Kit Is Designed to Do for You



This Kit will give you a very practical process to take a Spiritual Time-Out and orient yourself to your inner compass daily.

It will help you set your direction and stay oriented to your own true north.

Connecting to your inner guidance doesn't have to take a lot of time.

It's about consistency.

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It's about an ongoing relationship with your true self that's accessible and reliable.

What I discovered after all my searching and trying so many different things is that having a powerful, effective, enjoyable, nourishing daily practice is actually very simple.

There are a few things, when done well and consistently, will serve you for years to come and will give you a reliable connection to your inner wisdom and guidance. I've also noticed that with practice and consistency I have much more peace and joy in my life. I know that's possible for you, too.

Ironically, much of the power of this practice is in its simplicity. Like most effective, simple things, what you receive from it just grows and grows over time and with practice, and especially with consistency.

Here's the daily process:

1. **Tune In.** Listen to one of the three guided meditations (Energize, Wisdom, or Flow).
2. **Reflect.** Write the answers to the powerful questions that are designed to allow you to hear your inner guidance, in your journal.
3. **Set Your Daily Intention for Being.**
4. **Receive Guidance on Next Steps.**

It sounds simple, and it is, but the power is in the way that each step is designed to lead you more deeply into your wisdom, and, yet, with a minimal time commitment that you can actually work into your life.

It is powerful and effective, in a doable amount of time.

There are two other activities that leverage the power of your daily practice, and they are Setting Intentions and Checking In.

When you begin your daily practice, you'll set some intentions for having a daily practice. I'll lead you through a process for doing that when we take a Guided Tour of Your Journal, later in this guide. Setting intentions will clarify your purpose for having a daily practice and will also provide you with inner fuel and motivation to keep you going on a daily basis.

Then, after a month or so of doing your daily practice, if you'd like to check in about how your daily practice is working for you, you'll find some guidelines for that process in your Journal. It will help you find out how your practice is working for you, and also how you might tweak it to make it work even better for you in the future.

## The Difference Your Daily Practice Will Make



Here's the difference your Inner Compass Daily Orienting Practice can make for you and for your life, when you invest the time and energy to do it consistently.

Right Away: You'll feel renewed, refreshed and regenerated every day in the sanctuary of your daily spiritual practice.

In The Next Few Weeks and Months: You'll feel connected to your inner guidance and you will be using it to find your path and direct your life, step-by-step. It will be a very practical tool that helps you make the myriad of decisions and choices you have to make on a daily basis, while keeping you aware of what



really matters. You will probably begin to wonder how you ever lived without this daily connection to your “true North”.

Before You Know It: Your right life/work balance will begin to develop naturally and authentically as you become clear about your choices and what matters to you, and you'll be on your way to a life of balance, ease, joy and authenticity.

This kit will help you keep in touch with what's really important to you, personally and uniquely. It's an inner compass point rather than an outer compass point. It's about paying attention to what's emerging, in and through you in your own spirit, and it will make a big difference in your life.

So often we allow our lives to be structured in accordance with our commitments in our lives or our schedule, our calendars or diaries, or our To Do lists. Those are outer points. They're not an inner compass point. And usually we have been taught to just put one foot in front of the other and make things happen, and get the To Do's done. We tell ourselves that when we have time, we'll sit and listen and reflect and do some self-discovery, to find out what's really happening within us, and what is growing and wants to be expressed. But it's rare when time just happens to be available to do those things in our lives, as the pace of our lives keeps increasing and getting more and more pressured.

When you do this inner compass orienting practice every day, you'll begin to be in tune with a different level of guidance that will lead you along your own, unique, fulfilled path in life.

## Time and Space



Just a couple of notes about time and space with regards to the daily orienting process with your inner compass. You can probably guess the biggest reason why we don't follow through on a daily orienting practice to our inner compass. I'm sure you already know the answer.

We think we don't have enough time, which roughly translated usually means, or is code for, we don't think it's essential. We think it's optional, not essential. But what if it is absolutely foundational and essential to our well-being?

Here's the deal with the time thing. It's a paradox. This is really about the principle of leverage. I was one of these people who really didn't believe this at first, I just didn't see how it was possible, but what I've experienced and what many of my clients have experienced as well is that the *more time* that you spend on orienting to your inner compass, your inner guidance, your true self, this deeper aspect of yourself, the *less time* you'll need to spend doing the things on your To Do list because you will be clearer. You'll be focused on what really matters and you'll be energized.

You'll be sure that you're doing the right things at the right time. You'll be unified within yourself, aligned within yourself, and congruent about moving forward on your To Do list. You won't have that sense of inner conflict that we often have when we are not fully behind something that we're going to move forward on in an action sense.

So you'll have to take my word for it temporarily, but if you really want to make a commitment to this, you'll soon understand it for yourself, I think, in about 30 days of daily practice. Of course, I don't want you to take my word for it without trying it for yourself. I really want you to find out for yourself how much this could mean in your life.

But for the moment, if you can trust me and hold it as a hypothesis, then you can explore it for yourself. I have my own business and I know how hard it is to carve out time. I've just gotten through telling you I did things very sporadically for a long period of time. But this is the highest leveraged thing you can do for yourself, for your work, for your life and definitely for your well-being.

I know it's an act of faith at first, so this is why I developed this program and this kit and this four step practice that I'm going to explain later. The whole practice will take you probably at first 25-30 minutes and once you are really used to doing it on a daily basis, 20-25 minutes. For that amount of time, that is absolutely the most leveraged time you can spend in your day. It will pay off way more time than that in clarity, in energy, in focus, in all kinds of ways that are very, very practically applicable to your life.

So I would ask you to give it a try and see how it works for you. I have specifically designed this kit so that you can do this in a total of about 25 minutes per day. Just try it and see if it's worthwhile to you.

A note about space: Space is important, too. I would really recommend that you find a private space where you'll be uninterrupted. This is not very much time and it's really essential that you're able to devote uninterrupted space and time to the practice to make it work for you. It's short but it's very power is in its immersion and in its focus. Ensure that you are 100% there when you're doing this practice. So, I would say leave your cell phone off and close the door if you have a private space, or at least find a private space where you might do this every day.

You don't need to have a lot of space, but make it special and nourishing for you. If it's a chair, have your journal there. Do something to create a feeling of sacred space, also. You can have things that are precious to you there, or something that represents nature, or whatever has meaning for you. Keep it there in your sacred space where you do your practice every day.

Implementing these recommendations will create a space that's conducive to your daily inner compass orienting practice. The space considerations will

support you in your intentions. However, eventually it will be just a matter of you doing this consistently in a focused way, immersing yourself in the process and devoting yourself singularly to it while you're doing it. And eventually you will learn how to do this on the fly. So you'll be standing in a line somewhere and be able to tune into your inner guidance, into your inner compass. This takes practice and it takes some time, and it takes consistency. But it is so worth it. This is what I hope for you.



# A Guided Tour Through Your Journal

## *Setting Intention*



Here's what you'll find in your journal. There are three sections in your journal. Section One is about setting your personal intentions for having a daily orienting practice. Section Two is about doing the practice daily. Section Three is about checking in to see how it's working for you. I'll explain all of those one-by-one.

## About Intention Setting

The first section in your journal is intention setting. When you begin your practice of daily orienting to your inner compass, it's really useful to reflect on what you most want to receive from doing a practice like this. Then you want to set a clear intention for it so that you know why you are going to devote time, attention, and commitment to it.

Your intention will help you remain faithful to your daily practice. It will help you be really clear about why you're doing it, what matters, and what's important about it. This will be something that motivates you internally to be faithful to your practice.

You'll have a reason to stick to your practice, to make it a priority in your life, and to enjoy it, because it's highly valuable for you, both in a practical way and in a spiritual way.

Intention Setting is something you do once, when you begin to do your daily practice. You might refine your intentions later, but this establishes your foundation.

## Questions to Clarify Your Intentions

In the first section of your journal, you'll find some questions that will help you clarify your intentions. I invite you to reflect on these questions. You may have ideas for some of them more than others, but it would be great to consider all of these questions so you can get to the deep level of what's really important about a daily practice of orienting to your inner compass.

The first thing to think about and reflect on is: What do you want from an inner compass daily orienting practice? Different people have different reasons, and they're all valid.

Here are some examples:

- to feel nurtured and nourished,
- to access inner wisdom that helps you direct your activities, choices and decisions during your day,
- to make a spiritual practice a priority in your life.

The second question that will help you clarify your intention is: How will *you* be different as a result of doing a daily orienting practice to your inner compass?

The third question is: How will you feel when your connection to your inner guidance is sustained?

The next question is: How will your *life* be different? We just looked at how you will be different, how you might feel different, how you might show up to life differently. This question is about how will your life be different through having a daily practice where you orient to your inner compass.

Another question that's really helpful to think about when you begin your daily practice is: What are the things that will support you in doing a practice every day? These also are different for different people. Sometimes a particular time of day will support you. For example, some people would like to do their daily practice first thing in the morning. That assures that it's a priority in their life and they're able to get it into their day. Other people have different preferences about time of day, and about how to make it a priority in their lives.

We talked about Time and Space earlier in this Guide. Maybe having a space will help you feel supported in your practice every day.

Maybe it's just like that Nike commercial, "Just do it." This practice might just be something that you're finally ready to make a priority in your life. Perhaps you've

thought about it for a long time and now, for whatever reasons in your life and what's going on within you, it's time.

There are a number of things that might support you in doing your orienting process every day. Take a few notes about what they are for you, and come back when you're ready.

### **Setting a Primary Intention**

Now that you have more clarity about what's important to you about doing this daily practice, look over everything that you've written and set a primary intention for having a daily practice of orienting to your inner compass. This is on the page following the Setting Intention questions in your journal.

Examples might be, "I feel nourished through my daily practice," or, "My connection to my inner guidance is a top priority in my life," or an affirmation statement that says, "I access the wisdom of my inner compass daily." Maybe your intention is that your inner compass helps direct your choices and your decisions in a very practical way in your life. Or perhaps that you feel more peace in your life because you have access to your inner guidance and you trust that connection.

Whatever your intention is, please clarify it and write it in your journal. You might also want to write it on an index card, or if you're feeling creative, you might want to draw something, a mixed media piece or something, and hang it near the space where you're going to be doing your daily practice every day, to remind you why it's important to you. This will remind you why your practice is important to you, and how it's going to make a difference.

What is it about this practice that's going to matter for you in your life and for your well-being?



## Summary About Intention Setting

The summary that I have about setting your intention is that when you begin an ongoing practice that you're going to commit to every day, it really helps to be clear about why you're doing it. So this setting your intention portion of your journal might be something you only do once, and then you start doing the daily practice every day and you get more and more clear about what matters about doing it. You just keep doing it.

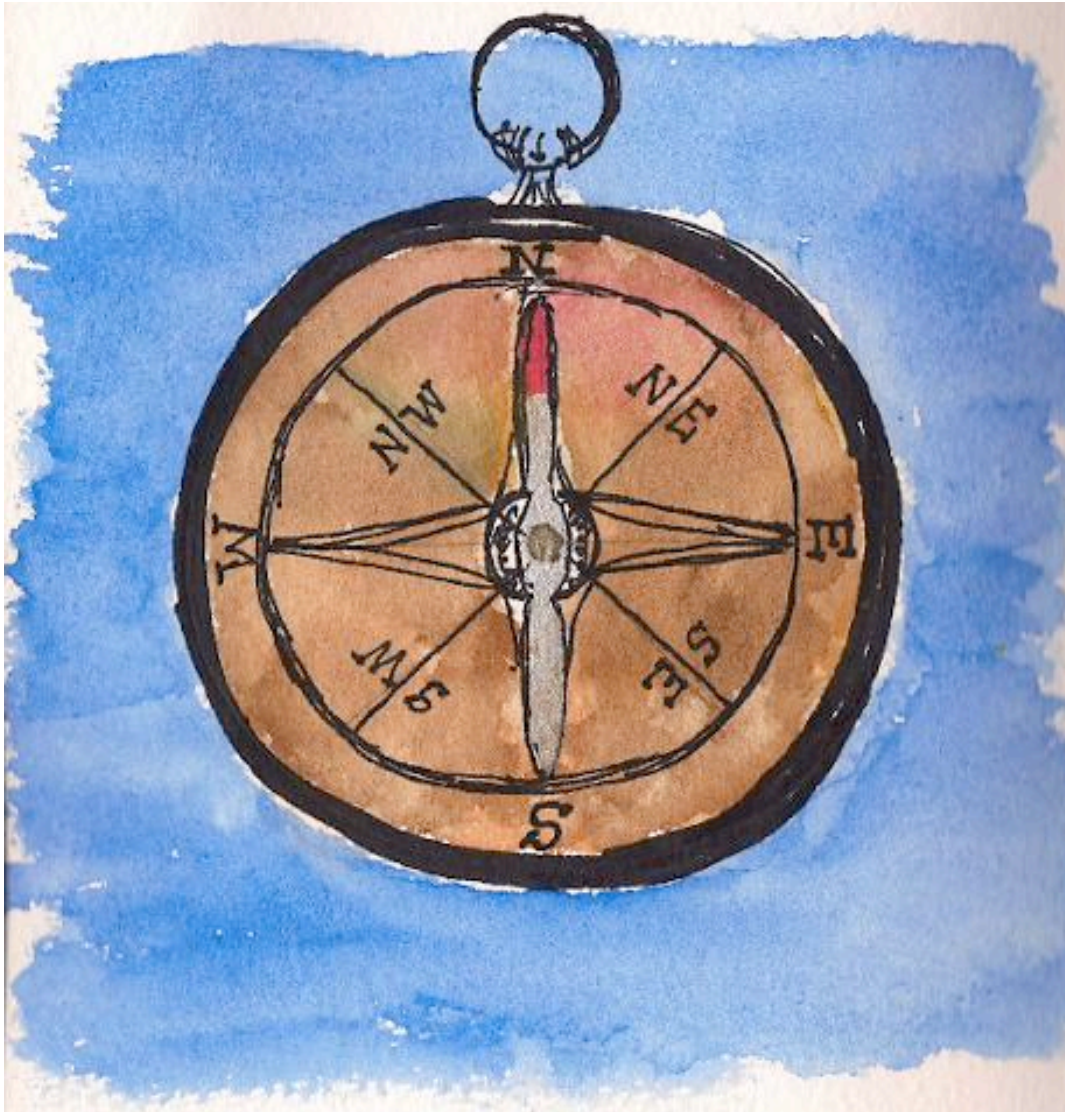
You can also come back to this section in your journal at any time to re-clarify your intention. These questions are available to you at any time to re-clarify your intention if you find your motivation for your practice isn't as strong as it used to be or if you just sense that you want to know more deeply what you want this practice to be for you.

Feel free to come back to your journal anytime to refine your intention or set a new one. You don't need to do this frequently. But it is useful from time to time to review your commitment to this practice and why it makes a difference for you. Also, as you go along with the daily practice, you're going to learn a lot more about why it makes a difference in your life.

There may be some surprises that you weren't able to see before you started your practice that become clearer to you as you go along. Those things may be the things that really make a difference for you. It really helps to be clear about those so you sustain and fuel your motivation.

That's your intention-setting portion of your journal. It's going to help you immensely to set your intention in this portion of your journal before you start doing the daily practice.

## *Daily Orienting Practice*



Now we turn to the second section in your journal, which is a one page daily journal page. This is the page that you use every day for your daily orienting practice. Part of your daily orienting practice is a reflection where you do some journaling every day to collect your thoughts and to really tune into the wisdom of your inner compass. This is the step that allows you to really make very practical use of the wisdom from your inner compass on a daily basis in your real life.

## About Your Daily Practice

The daily orienting practice is about tuning in, but it is also about relaxation. It's about meditation. And it's very much about developing a relationship with your inner guidance so that it can be a practical help to you in your every day life. Your inner guidance can help you make decisions, make choices about priorities and activities, and live a life that's an expression of the true you -- your own true self that is in alignment with who you really are.

When you tune in daily and make some notes about what you sense and feel from your inner guidance, this develops the skill and the habit of tuning in and allowing that guidance to direct you, i.e., to help you make decisions in your life in a very practical way. Accessing the wisdom of our true self is a skill that develops over time, and it's a very practical help in our lives.

The daily practice is just one page in your journal. I've included ten of them in the journal to start with in the PDF file that is called 003\_ICDailyOrientingKitJournal, and after you've used those there's a separate PDF called 004\_ICExtraDailyJournalPage that is just the single page. That's the single journal page that you can print and use on an ongoing basis, one per day, for your inner compass daily orienting practice.

This daily journal page outlines the four steps of the inner compass daily orienting practice, and it has room for you to write some notes to record your daily experience with this practice.

Here's the daily process:

1. **Tune In.** Listen to one of the three guided meditations (Energize, Wisdom, or Flow).
2. **Reflect.** Write the answers to the powerful questions that are designed to allow you to hear your inner guidance, in your journal.

### **3. Set Your Daily Intention for Being.**

### **4. Receive Guidance on Next Steps.**

I've developed this practice to be a practice that is short enough and easy enough that you can make time for it in your life on a regular basis. It's a powerful practice and I've designed it so that it is really the shortest amount of time where you can still get results and reliably build a relationship with your inner guidance.

The act of journaling is a key component to getting the result that you want from your practice. Journaling focuses your thinking and is a powerful tool. It brings into your consciousness the specifics of what you are sensing from your inner guidance.

So much of the time we move through our days and we sense we're being guided from inside. We just don't stop and tune in and become conscious of what our inner guidance is really telling us. So a large part of the power of the daily practice is that for the 20 minutes or 25 minutes, or however long you spend with your daily practice, you're tuned in and written it down so it's reinforced.

Consistency really matters. As you build the practice every day, you'll be building the muscle of tuning into your inner compass. It'll be easier for you to hear when you're on the move during your day. And because you have this journal you can go back and look and see what are the things that your inner guidance is telling you. You'll begin to see: What are the things that keep coming up in my life about what matters and what's emerging, what's going on with me that I really need to pay attention to?

This daily practice is a very high leverage activity. You'll be repaid over and over again for the time and energy that you spend doing this practice. This is the whole reason for this kit: to make your practice easy and effective, and in an

amount of time that you can realistically work into your day, if you're really committed to tuning into your own true North.

### **The Four-Step Practice**

So, back to the four steps of your daily practice.

**Step One: Tune In.** For this step, you listen to one of the three guided meditations (Energize, Wisdom, or Flow). Each of them is less than 15 minutes long. It's your choice about which one you choose each day. Over time, you'll begin to know which one is the right one for you every day. It probably won't be the same one every day. Just pick the one that feels right that day. The guided meditation will help you relax and help you go deeper into your guidance and will invite your reflections. These meditations will help guide you to your inner wisdom.

**Step Two: Reflect.** This is an opportunity to write the answers to the two questions that are mentioned in the guided meditation, in your journal, which are: What matters now? and What's emerging?

These two questions will help you stay in tune with what is really important in your life, and what ideas and inspirations are emerging from within. These questions help guide you to your true direction in life, the path that will fulfill you and give you more peace and joy in your life. These questions will help you feel the dreams that you are truly passionate about. It's all about paying attention to your spirit.

Don't think too hard about the questions, just tune in and allow the answers to emerge spontaneously.

**Step Three: Set a Daily Intention for Being.** This is your opportunity to choose how to be in your life today. Even if you're not doing this in the beginning of the



day, it's a very, very valuable practice. Notice that I said "intention for *being*" and not "intention for *doing*." Intention for Being is about how you show up to life in everything you do. It isn't a to-do list. It's more about the energy and spirit with which you come to your day.

So maybe you've noticed that you just want to come with more joy or more love, or you want to have a spirit of adventure about your day. Or you just want to be open and receptive and want to take time to "stop and smell the roses." Maybe you want to bring a spirit of generosity to your day.

This is an intention for how you're going to show up to your day. It will help set the spirit of the day for you. Once you've clarified it, you'll be amazed at how important it is, and how you will just know from the inside that you've made the commitment. It will make a big difference for you, especially as you go on and do this practice every day.

This Intention for Being becomes more and more powerful over time, and, as you tune in to your inner compass, the daily intentions will begin to arise spontaneously, with ease.

**Step Four: Receive Next Steps.** Notice that I said "receive", not "think about" or "figure out," or anything like that. This is about creating a space, just an open reflective space, for a moment, where you tune into your inner guidance and allow anything that comes up for you about what might be next for you in a very practical way. What steps are the next steps for you? What's it time for?

This is not a to-do list that's created from your head, because you probably already have those. Those are often filled with oughts and shoulds, as you well know. This is just a space to pause, breathe deeply and feel what's in your heart. I would just pause and breathe for about 30 seconds or a minute and see if anything emerges. This is a doing thing, but it's an *inspired* doing thing.

It does not come from a sense of obligation or from things you already have on your To Do list. It's something that arises within your heart, from your inner guidance. It might be a little nudge or a nudge that says "Do this today. Call this person, or do this step today."

Prepare to be surprised about this, too. Something might surprise you about what emerges from you about the next step to take in some area of your life. You don't even need to specify the context or the content or life area or any of that. If there's something that you are sensing from your inner guidance, it will come up in this space, and especially when you practice every day. Allow it to emerge spontaneously; that is the power of it.

### **That's Your Daily Practice**

That's it. That's your daily orienting practice. It's really simple. It will take you 20 minutes, 25 minutes, or maybe 30 minutes. It's different for different people, but it's not a long practice. What's most important is that you practice it consistently and you make time for it. If you only carve out 20 minutes in your day, this is going to be a powerful, life changing practice for you.

To summarize, the four steps of your daily practice are:

1. **Tune In.** Listen to one of the three guided meditations (Energize, Wisdom, or Flow).
2. **Reflect.** Write the answers to the powerful questions that are designed to allow you to hear your inner guidance, in your journal.
3. **Set Your Daily Intention for Being.**
4. **Receive Guidance on Next Steps.**

As you practice every day, and you tune into this level within, you will begin to hear your true guidance more clearly. It will become much easier for you to sense it and feel it.

As you develop this consistent relationship and communication with your true self, you will begin to be able to hear or sense your inner guidance “on the run,” in the busy activity of your life.

For now, just clear this space and time to practice daily. Breathe and listen in. Be curious. Sense the answers to the questions and feel your direction, for today. Over time, you will see the themes of your life emerging clearly and beckoning you.

## Checking In



The third section in your journal is called Checking In. Checking in is about looking at your daily practice to see if it is all of what you would like it to be. This is something to do after you've had your daily practice for a while. You've been

practicing every day and you want to look back and see how it's working for you and what might be better. Maybe your life circumstances have changed and your daily practice could use some tweaking to make it even more meaningful for you.

### **After a Month (or so) of Daily Practice**

After you've established your practice for a while just check in with the following questions. You'll find the questions, and some space to write, in the third section of your Journal.

The first question is: What do you love about your daily practice? What really nourishes you or has you feeling connected to your inner guidance, your inner compass? What do you really love about it?

The second question is: What's working for you? It's closely related to the first question but a little bit different. What are the things about the four steps that really work for you?

The next thing that's really important to think about and reflect on are: What are the keys that make it work well, for you? The last question was: What works? This question is about what *makes* it work. Those qualities vary from person to person. They might be about the space, or about the time of day that you do it. It might be that just having a practice is giving you more confidence in knowing that your inner guidance is there and that you're paying more attention to it. There are many things that might come up for you about what really makes it work. So take some notes about that.

And then we're going to look at the other side of it. What could be working better? Is there anything that you can think about or feel about that might work better for you in terms of this daily practice? I've put together a practice that I feel is very easy to work into your life in terms of time. It's a straight-forward practice. The steps are pretty simple. The more you practice them, the better they will



work for you. But there might be tweaks to it that would make it work even better for you. These are things that you will learn after you've practiced for a while.

This leads to the next question: What would *support you* in making it work better for you? If there is something that you want to shift or change or tweak, what will help you with that? What would make it easier, more straightforward, have the impact of it be even stronger for you? This is closely related to the last question, but sometimes different ideas come up when you ask this question.

Next, look back to your original intentions for your practice, in the Intention Setting section of your Journal (the first section). Reflect on what your initial intentions were for your practice. Take a look now at those intentions now, see if those intentions are being met.

After you've done this practice for a while, it's just going to get better and better for you as long as you make it yours. What often happens is that our intentions shift and change as we go along with the daily practice. Things that we hadn't even seen before occur to us, or you see something new that you would like to receive from your practice. So now look at the question: What are my priority intentions *now* for having an inner compass daily orienting practice?

### **This Concludes the Guided Tour of Your Journal**

That's it for your daily orienting journal. I hope that your daily practice is nourishing you and helping you stay much more connected to your inner guidance, and that you'll continue to do it and will continue to refine it and make it yours.

Remember to print your daily pages out so that you can have a page a day to work on. And please write me if you have any ideas for the future that might support you in staying connected even more to your inner guidance.

What I'm really hoping for you, and especially for you from this journal, is that you're feeling and knowing the power and the wisdom and the wonder of your inner guidance.

I hope that by tuning into your deep wisdom daily, you will feel more peace and certainty about where you are headed and about what really matters for you in your life.

This concludes the Guided Tour of your Journal. Now, I invite you to set your intentions and to begin your daily practice. Begin your journey of making the journal and the practice your own.

In the next few pages, you will find some additional information about your kit.

## Your Kit is Designed with Powerful Synergy



Your Inner Compass Daily Orienting Kit has three essential elements built into its design:

- Guided Meditations
- Life Coaching, and
- Journaling.

**Guided Meditations** are a gentle but powerful way to lead you into a state of receptivity that allows you to listen and hear your inner guidance. These meditations connect you to the part of yourself that is the source of inner wisdom and guidance.

The **Life Coaching** questions and process that are built into my Kits focus your attention specifically on your relationship with your true self, and on the dialogue between you and your inner guidance.

The **Journaling** helps you explore the powerful questions that life has presented to you, and also helps you create meaningful intentions for how you want to live your life. The journaling that you do helps you integrate what you have learned from the Life Coaching questions and the process, and helps you to find ways to take your insights back out into the world in practical action steps.

The powerful synergy of these three elements together is what allows you to connect to who you really are, and what really matters to you. In the strength and sustainment of that connection with your inner source of wisdom and guidance, you find your way back to a life of balance, ease, joy, and authenticity.

All of my Spiritual Time-Out Kits have this powerful synergy designed into them.

## About the Author: Who's Lynne?



I'm Lynne Fairchild, Wayfinding Coach. I'm a Professional Certified Coach. Since 1997, I've helped Women Breadwinners find their way to a life of balance, ease, joy, and authenticity. You can find me on [www.wayfindingcoach.com](http://www.wayfindingcoach.com)

## Other Ways We Can Stay Connected

- Subscribe to my [Wayfinding Blog](#), where you'll receive tips, inspiration and ideas about finding your way to a life of balance, ease, joy, and authenticity. I'll also let you know when I have a new Retreat Kit coming out These kits are especially designed to help you clarify your path during significant life transitions.
- Follow me on [Twitter](#) and [Facebook](#), where I'll be sharing some real-time Spiritual Time-Out's.



## What's Wayfinding and How Can It Help You?



Wayfinding is living connected to your inner guidance and using it to find your path and direct your life.

Our environment is increasingly chaotic and fast-paced. The demands and expectations that we face are unprecedented. The tools that we have always used to get control of our lives and to feel like we are directing our lives are virtually useless in our world today. We need to live in a different paradigm.

Fortunately, there is one. The new paradigm is to re-orient yourself to your inner compass and intuition. We're born wired to our inner guidance, but it takes some skill and practice to stay connected and tuned in. That's why I developed Spiritual Time-Outs. You will find them on <http://www.wayfindingcoach.com>.



## Let Me Know



I would love to hear from you about anything that you've enjoyed about the kit or might want for future versions or ideas for different kits that I might be develop in the future, to help support you in connecting with your inner compass, being confident that you are connected to it, and having a regular relationship with your inner guidance.

The Inner Compass Daily Orienting practice is, as I have said many times so far, very simple and very doable. Your time commitment is about 25-30 minutes a day, and probably eventually you could even do it in 20 minutes. But I'm suspecting it's going to be so nurturing and nourishing for you that you're going to want to spend a little more time than that. This is for something that is absolutely life-transforming. It is something that will be leveraged in every area of your life, will move you increasingly toward more of a sense of well-being, of joy, of peace in your life, of fulfillment. You'll be confident that you're paying attention to what really matters to you and what's emerging for you. You'll have that certainty.

I really hope you have enjoyed the kit and that you continue to enjoy the daily practice. I hope that this has moved you from point A to point B. My intention was that point A is somebody who has either no daily practice to connect to their inner guidance, or they have a sporadic one, this place where I lived for many, many years. And that this kit will help them move to point B, which is having an easy, effective (and very doable in terms of time) practice that connects them to their own inner spirit, their own true self, their own inner guidance.

That has been my intention for this. Please feel free to write and let me know what else might enhance this practice for you or your connection to your inner guidance. My email is [lynnefairchild@earthlink.net](mailto:lynnefairchild@earthlink.net).

I am very much hoping that your life will be greatly enriched by using this kit and really orienting on a daily basis to your inner compass and making this a regular part of your life. I'll be developing other kits to help you use your inner compass to find your way in life when there's no map, like those thresholds or transitions when you find yourself in new and unfamiliar territory. I'll be developing kits for that particular time in your life.

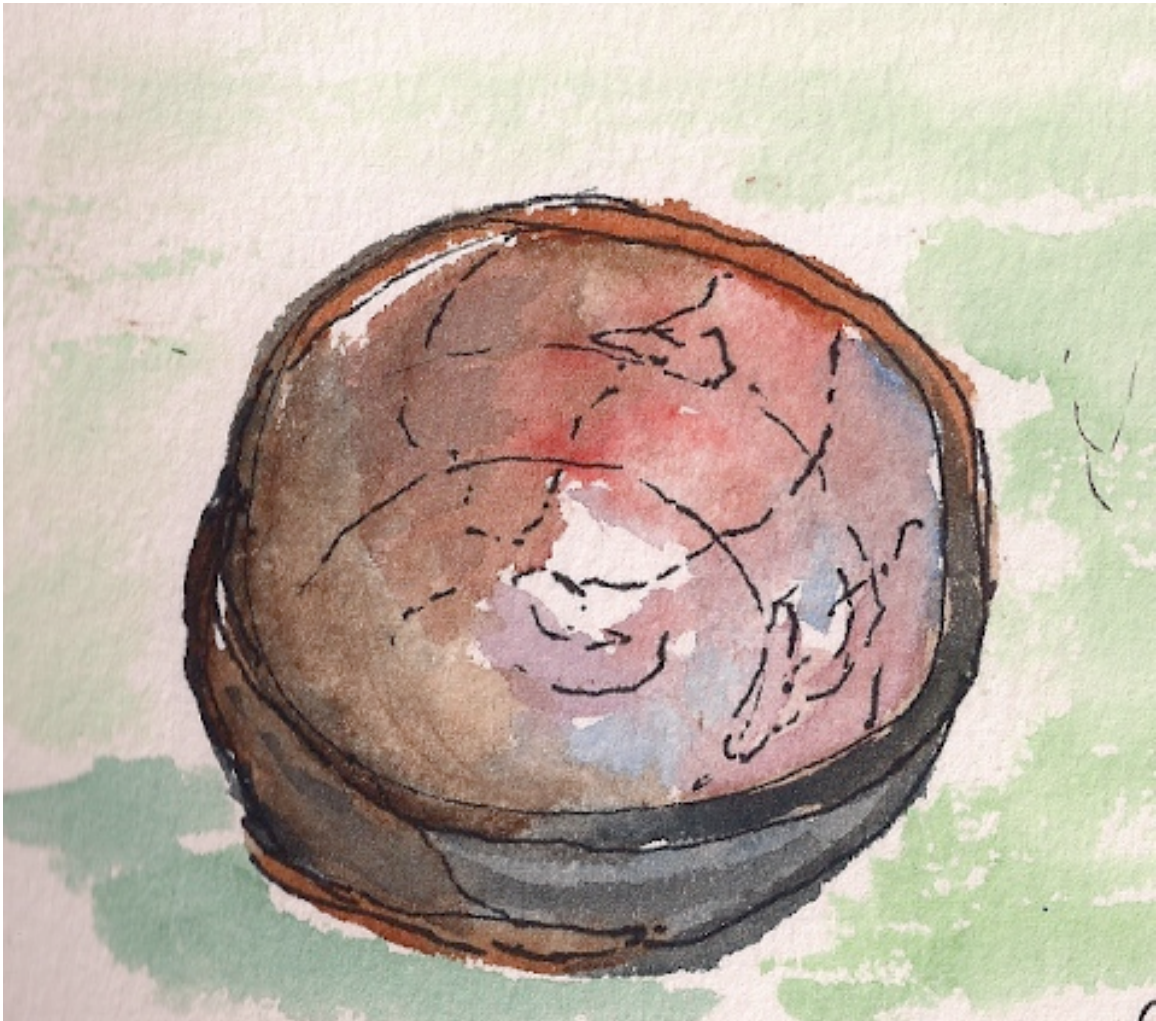
But if you use only one of my kits, I believe that this is the one that's most important. It's the one that contains a daily practice for connecting to your inner guidance and staying with it. If you pay attention to that, are listening and are moving forward in life in alliance and in alignment with your inner guidance, you're going to be moving in the flow of your life and in the flow of fulfillment and wisdom. When those life transitions come up or those thresholds or anything where the territory is unfamiliar, it's going to feel more like an adventure than it is something that's scary or unknown.

Also be sure to let me know directly by email if you would like to be on my mailing list for my complementary seasonal alignment kits. These are something that I do on a quarterly basis. They come out at spring and summer and autumn and winter. They offer seasonal reflections, checking in with your life balance and some great tools to keep you focused on what really matters in your life. Those are complementary. I do not currently charge for those. Go to [www.wayfindingcoach.com](http://www.wayfindingcoach.com) to sign up for my complimentary Seasonal Alignment Kits. You'll find the sign-up box in the right sidebar of each web page, at the top.

For now, thank you again for investing in yourself and for supporting my work in the world by buying this product. I'm hoping that it is very, very useful and enjoyable for you. Please stay oriented to your inner compass and notice how your fulfillment and joy in your life are just greatly enhanced. For now, many, many blessings to you on your life journey and I hope we stay connected and in touch. Thank you and good bye for now.



## Many Blessings to You on Your Journey



I am wishing for you the many blessings of peace and joy that come with knowing and trusting your connection to your true self.