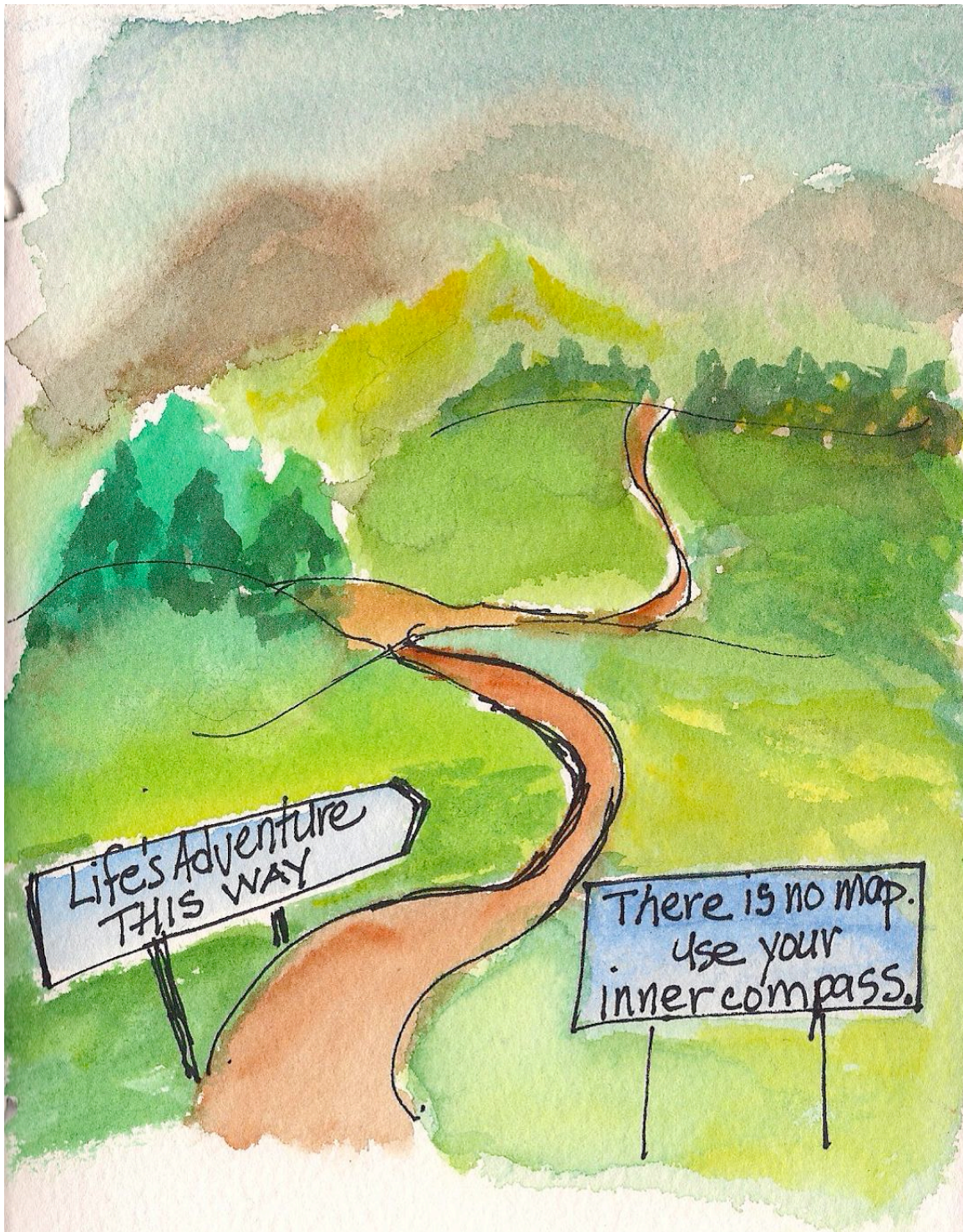


Inner Compass Daily Orienting Kit: Journal



Created by Lynne Fairchild, PCC, MBA
Wayfinding Coach: www.wayfindingcoach.com



**“If you have a map, it’s somebody else’s map.”
- Joseph Campbell**

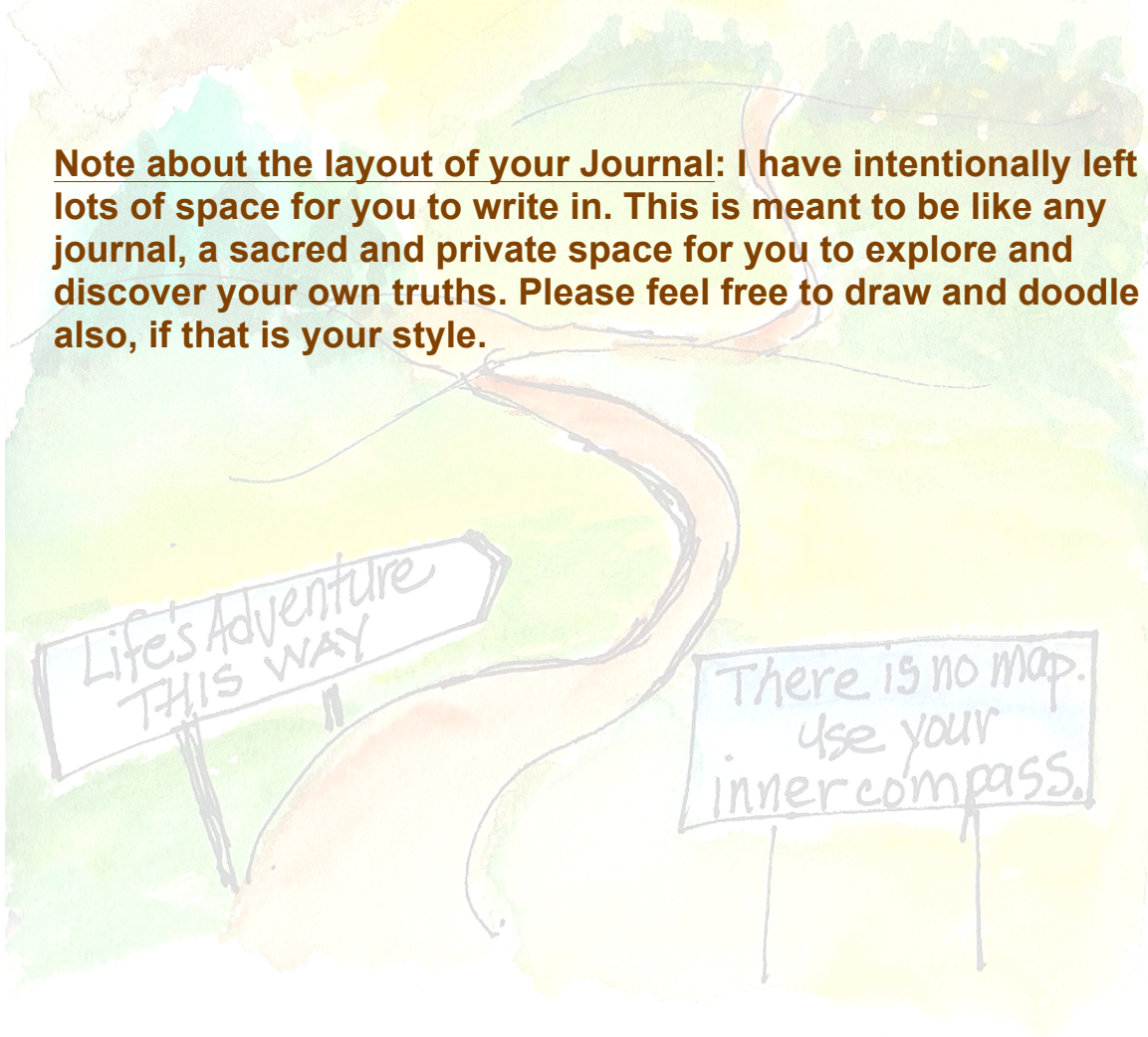
There are three sections in your Journal

Section 1: Set your personal intentions for having a daily orienting practice

Section 2: Do the practice daily (with the guided meditations & this journal)

Section 3: Check in to see how it's working for you

Note about the layout of your Journal: I have intentionally left lots of space for you to write in. This is meant to be like any journal, a sacred and private space for you to explore and discover your own truths. Please feel free to draw and doodle also, if that is your style.



Section 1: Set your personal intentions for having a daily orienting practice.

Prior to beginning your practice of Daily Orienting, please reflect on what you most want to receive from doing it.

Then set a clear intention.

Your intention will help you remain faithful to your daily practice.

Listen to, or read, the Guide for more guidance on setting your intention. Then, as you fill in your answers to the questions on the next few pages, you will be clarifying your intentions for your Inner Compass Daily Orienting Practice.

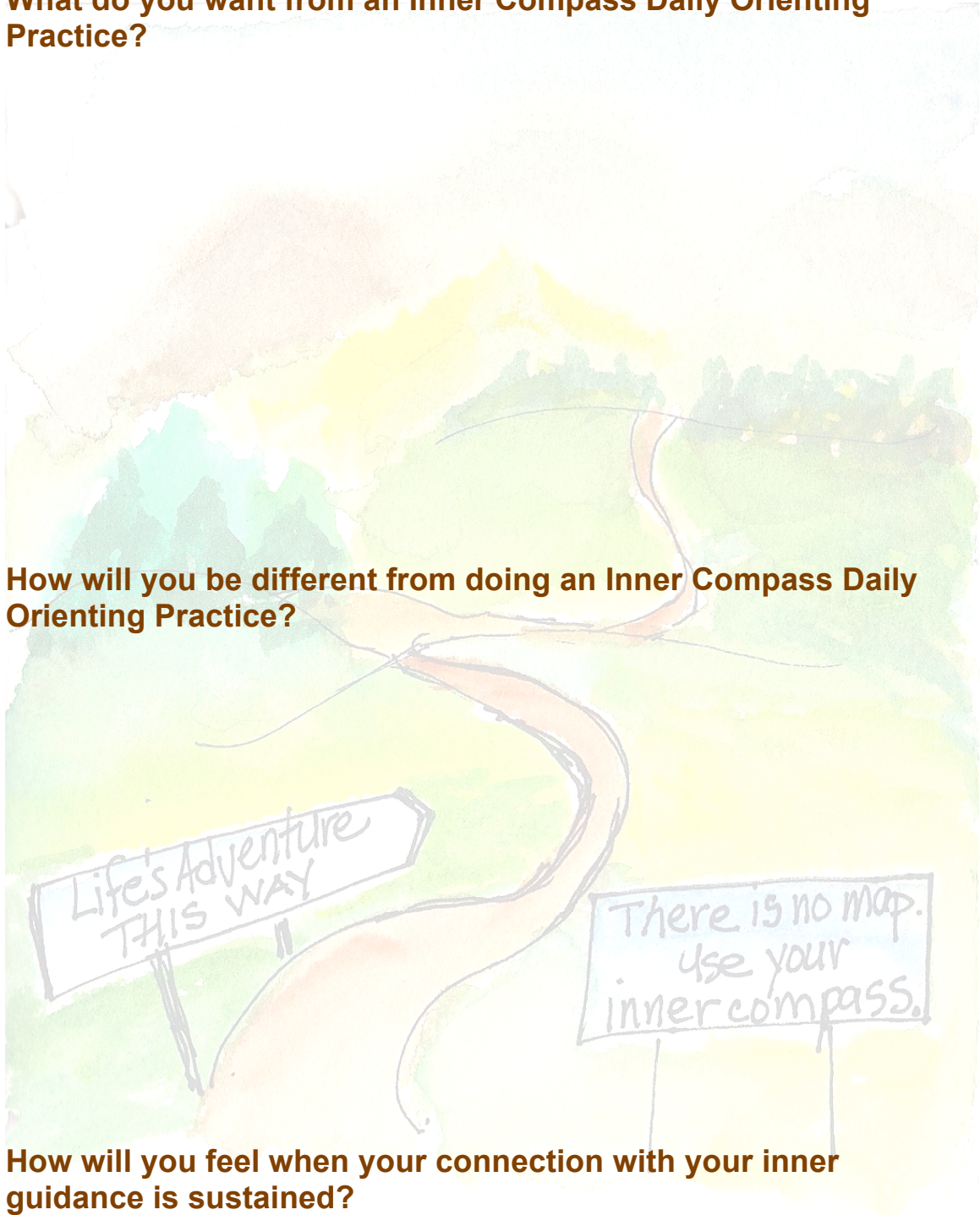


Here are some questions that will help you clarify your intention.

What do you want from an Inner Compass Daily Orienting Practice?

How will you be different from doing an Inner Compass Daily Orienting Practice?

How will you feel when your connection with your inner guidance is sustained?



How will your life be different through having a daily practice where you orient to your inner compass?



What are the things that will support you in doing your orienting practice every day?

Now that you have more clarity about what is important to you about this Daily Practice, set a primary intention for having a daily practice of orienting to your Inner Compass.

My Primary Intention for having an Inner Compass Daily Orienting Practice:



Date of my Intention:

Section 2: Do the practice daily (using one of the guided meditations and this journal).

On the next page you will find a single journal page that you are invited to use for your daily practice page.

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.

I've included ten of these pages in this journal. After you have used these ten pages, you will find a separate pdf (ICExtraDailyJournalPage) that is just a single daily journal page. You can just keep printing them for your continued use every day.

Listen to, or read, the Guide for more information on how to do your Inner Compass Daily Orienting practice. Then use one page a day to do your practice.



Daily Journal Page

Today's Date:

1. **Tune In:** Listen to one of the three guided meditations.
2. **Reflect:** Write the answers to the questions. Write quickly and without censor. Just let your answers flow easily.

What Matters Now?

What's Emerging?

3. **Set Daily Intention for Being.** Feel yourself being that intention.

My Intention for Being for today is:

There is no map.
use your
inner compass.

4. **Receive Next Steps.**
What are my next steps?

Daily Journal Page

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After you have used the 10 Daily Journal Pages that are included in this journal, use the pdf named "ICExtraDailyJournalPage" to print pages for your use every day.



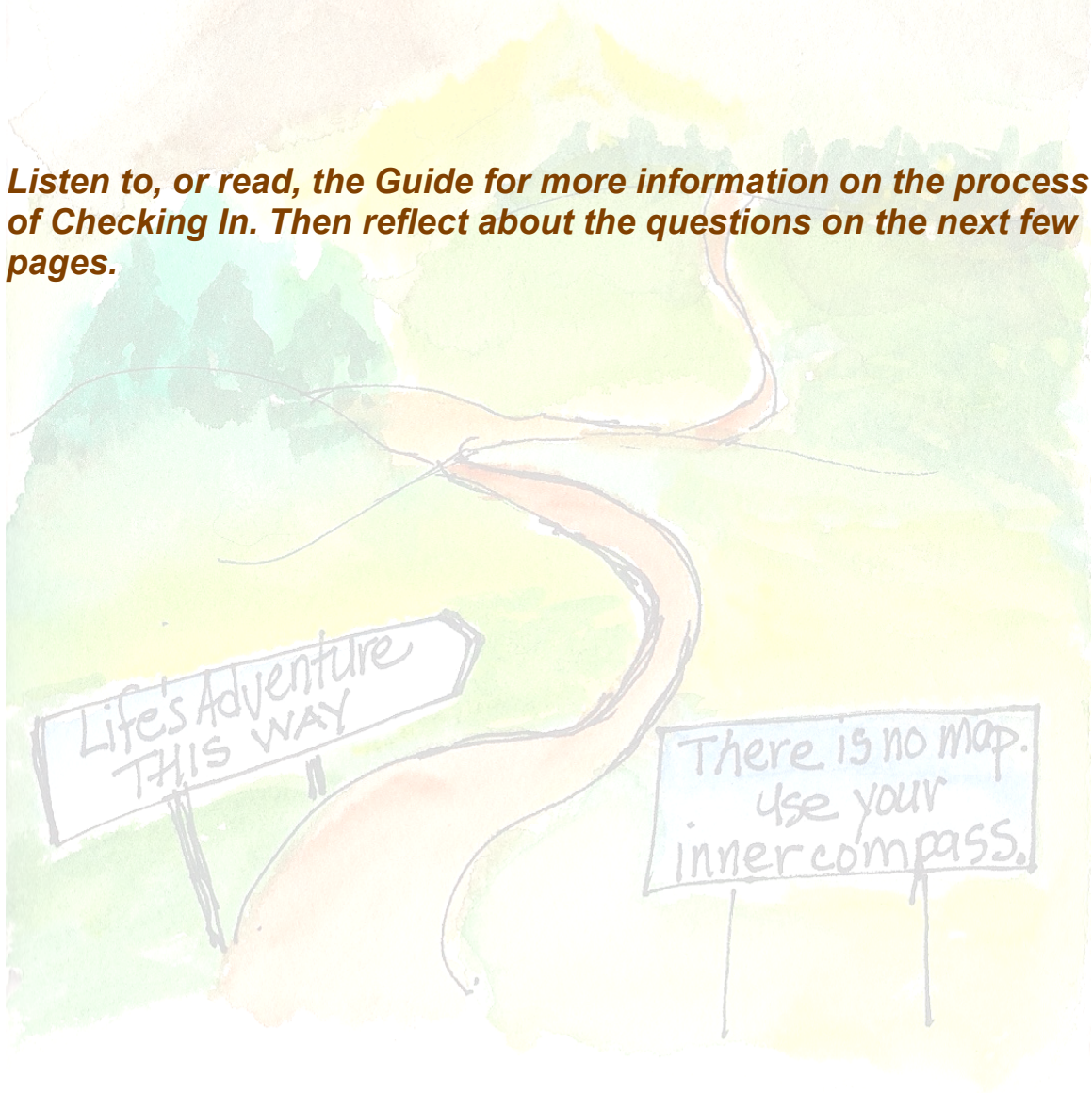
Section 3: Check In to see how it's working for you.

Checking In is about looking at your daily practice to see if it is all you would like it to be.

At first you might like to do this weekly.

After you've established your practice for a while, it's a good idea to check in every month or two.

Listen to, or read, the Guide for more information on the process of Checking In. Then reflect about the questions on the next few pages.

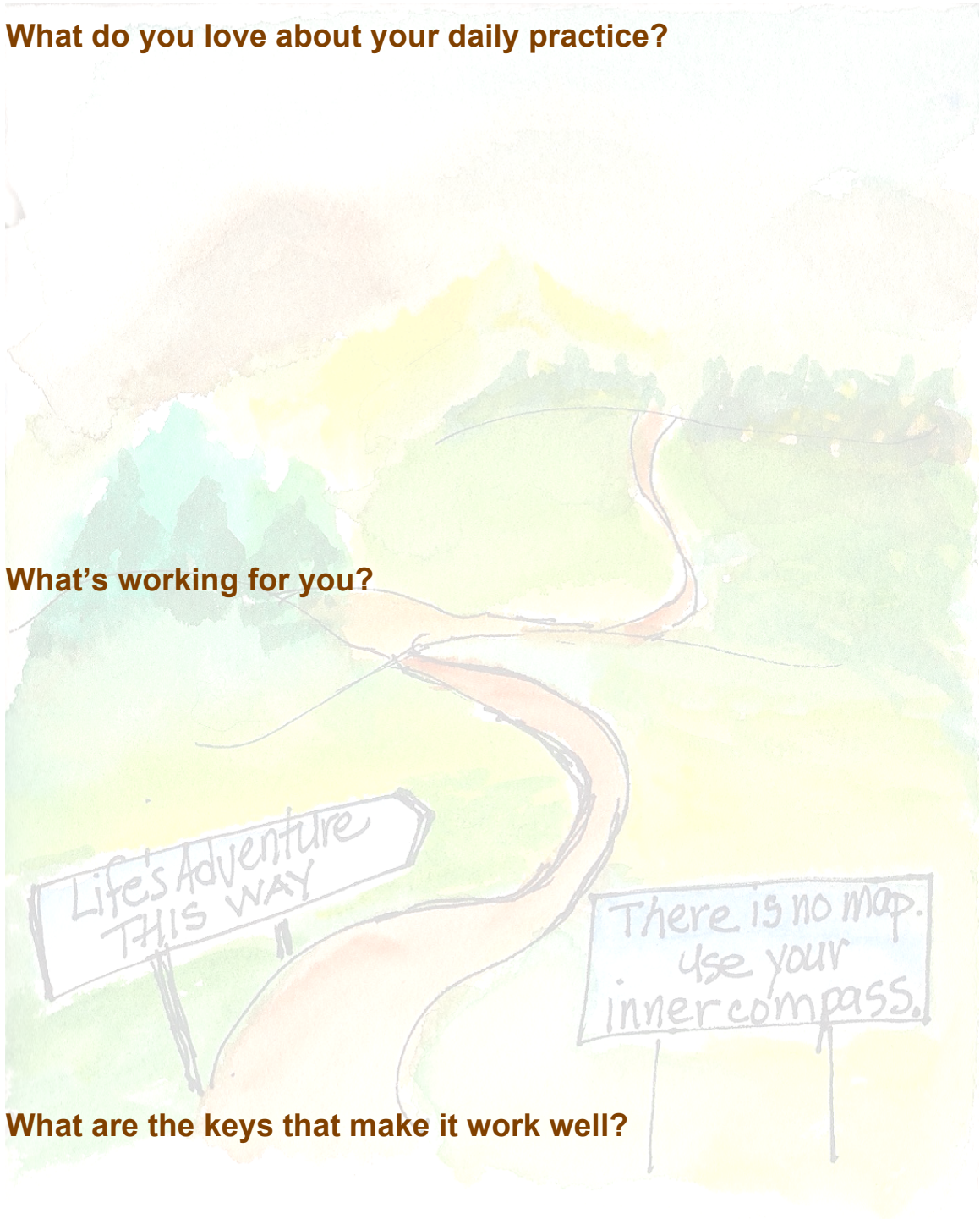


Here are some questions that will help you check in about how your daily practice is working for you.

What do you love about your daily practice?

What's working for you?

What are the keys that make it work well?



What could be working better?



What would support you in making it work better for you?

What are your priority intentions for your Inner Compass Daily Orienting Practice going forward from here?

Now it's time to make the Inner Compass Daily Orienting Journal something unique that works for you. You've used the process that I have recommended, and I'm guessing that you now have enough experience with Daily Orienting that you have some ideas about what will work especially well for you.

Maybe you want to adapt the Journal Page to make it your own.

Perhaps you would like to add some additional pages to your Journal to suit your particular needs and the process that you have found works best for you.

Please feel free to enjoy and customize your Journal to make it uniquely yours. The more that you adapt it to your own preferences, the more meaningful your Daily Orienting practice will be.

Thank you again for purchasing my Inner Compass Daily Orienting Kit, and I hope that it brings you many hours of pleasure, relaxation and insight. Most of all, I hope that it helps you to find your way to a life of balance, ease, joy, and authenticity.

With much love and many blessings on your journey,
Lynne

Lynne Fairchild, PCC, MBA
Wayfinding Coach
www.wayfindingcoach.com



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

What's Wayfinding and How Can It Help You?

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 the Hotline, and all of the other tools that you will find on www.wayfinidingcoach.com.

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

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.

P.S. The Power of Meditation and Journaling Combined

Journaling is incredibly insightful when it is used intentionally and focused directly on connecting you with your inner guidance. You can get inner wisdom that you just cannot get any other way by asking the right questions and listening within.

Meditation is the most effective practice I know to prepare you to be receptive to your inner guidance, and to hear it.

When you do a *meditation combined with some simple journal prompts* that are specifically focused to help you tune into your inner guidance, the results are powerfully life-transforming.

This is why I design all of my Wayfinding products using this potent combination of journaling and meditation.

You can check out my product offerings on this [link](#). I call them [Spiritual Time-Outs](#) because they are self-directed tools designed to help you take a time-out so you can live connected to your inner guidance, and use it to find your path and direct your life.

