

# THE COMPASS YEAR

*A 52-Week Guide to  
Abundance, Alignment &  
Self-Led Growth*



Compass Rise Consulting  
Donna Lynn Price

## Welcome. Welcome!!

You are holding a guide designed to support you — not push you, fix you, or rush you.

This is not a productivity tool or a set of rules to follow. It is an invitation to slow down, listen more closely to yourself, and reconnect with what truly matters as you grow, lead, and create abundance in your life and work.

As you move through these pages, you'll be guided by the Compass — returning again and again: to vision, connection, structure, growth, and self-leadership. There is no finish line here. Only awareness, alignment, and the freedom to choose your direction with intention.

Use this guide in whatever way serves you best. Write in it. Sit quietly with it. Skip around. Come back when you're ready. Trust that each time you return, you'll find exactly what you need. Don't get caught in the guilt trap of — “I missed a couple of days and have to catch up.” You don't have to catch up. Just restart!! Do what you can, when you can.

You already carry wisdom, clarity, and possibility within you. This guide simply helps you remember how to listen for it.

I'm honored to walk alongside you on this journey.

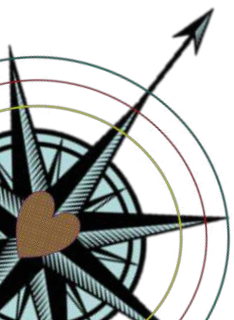
With clarity and care,

*Donna*

Donna Price  
Founder and CEO

Compass Rose Consulting, LLC  
<https://compassroseconsulting.com>

Members of the [Business Growth Hub](#) gain access to almost every course at CRC as part of their membership.



### HOW TO USE THIS GUIDE

This guide is designed to support you — not pressure you.

It is not meant to be completed perfectly or rushed through. It is meant to be *returned to*, revisited, and used as a steady companion throughout the year as you navigate growth, abundance, and alignment.

Think of this guide as a conversation with your inner Compass — one that meets you where you are and gently points you toward what matters most.

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### THE COMPASS FRAMEWORK

Each month in this guide aligns with one point of the Compass:

**North** — Vision, direction, and intentional leadership

**East** — Connection, communication, and being seen with ease

**South** — Systems, structure, and grounded support

**West** — Growth, creativity, and expansion

**Center** — Self-leadership, energy, and inner alignment

As you move through the year, you'll travel around the Compass multiple times. This is intentional. Growth is not linear — clarity deepens through repetition, reflection, and integration.

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### YOUR WEEKLY RHYTHM

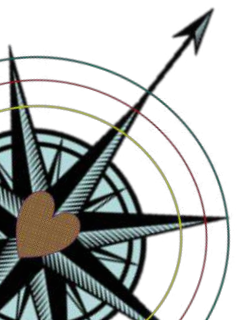
Each week includes three simple elements:

#### **Abundance Prompt**

A reflective question designed to help you notice patterns, beliefs, and alignment.

#### **Compass Action**

One gentle, practical action that brings awareness into your daily life — without overwhelm.



## The Compass Year

### **Abundance Affirmation**

A present-tense statement to reinforce self-trust, worth, and grounded abundance.

You can:

- \* Journal in the space provided
  - \* Reflect quietly without writing
  - \* Return to a prompt multiple times during the week
  - \* There is no “right” way to engage. Consistency matters more than perfection.
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### **MONTHLY FLOW**

Each month begins with a short introduction to set the tone and intention. The weekly sections that follow are designed to be experienced at your own pace.

Some months include five weeks. Others include four. Use what’s here as a guide, not a rule.

If you miss a week, simply return when you’re ready. The Compass always welcomes you back.

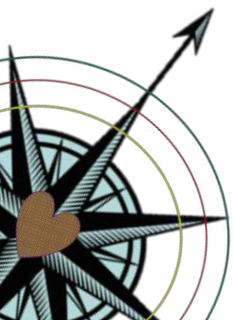
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### **ACKNOWLEDGING AND CELEBRATING ALL THAT YOU HAVE**

Spending a few moments in gratitude helps you to move into flow and connection with abundance.

So many of us fail to acknowledge and celebrate what we have, what we have accomplished, and taking a moment in gratitude can help us to shift our energy into flow.

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### USING THE QUARTERLY REFLECTIONS

At the end of each quarter, you'll find a **Quarterly Compass Reflection**. These reflection pages are intentionally placed after the final month of each quarter to create a natural pause — a moment to look back before moving forward.

The quarterly reflections help you:

- \* Integrate insights from the previous months
- \* Notice patterns and growth
- \* Acknowledge progress without comparison
- \* Reconnect with what matters most
- \* You are not meant to rush through these pages.

You may choose to:

- \* Complete them all at once
- \* Reflect over several days
- \* Return to them later if the timing doesn't feel right
- \* Integration is part of the work. These pauses are where insight becomes embodied.

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### A GENTLE REMINDER

This guide is not a checklist.

You do not need to “keep up.”

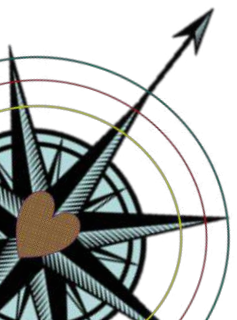
You do not need to do every prompt.

You do not need to have clarity right away.

What matters is your willingness to listen, reflect, and lead yourself with compassion.

The Compass is not here to tell you what to do — it is here to help you remember what you already know.

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## RETURNING TO THE COMPASS

You may find that certain months or Compass points resonate more strongly than others. That's normal.

You are encouraged to:

- \* Revisit any section as needed
- \* Begin again at any point in the year
- \* Use this guide alongside coaching, journaling, or quiet reflection

This is a living resource. Let it evolve with you.

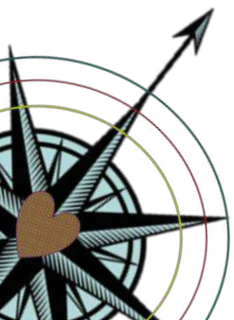
### **A note on creation:**

*This guide was created through a thoughtful collaboration between my own experience, frameworks, and voice — and the support of AI tools, including ChatGPT. I used this technology as a creative and organizational partner, much like an editor or sounding board, while all concepts, direction, and final decisions remained rooted in my work, values, and lived experience.*

*I believe transparency matters, and I also believe tools can be used responsibly to support clarity, creativity, and access.*

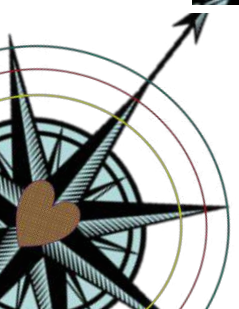
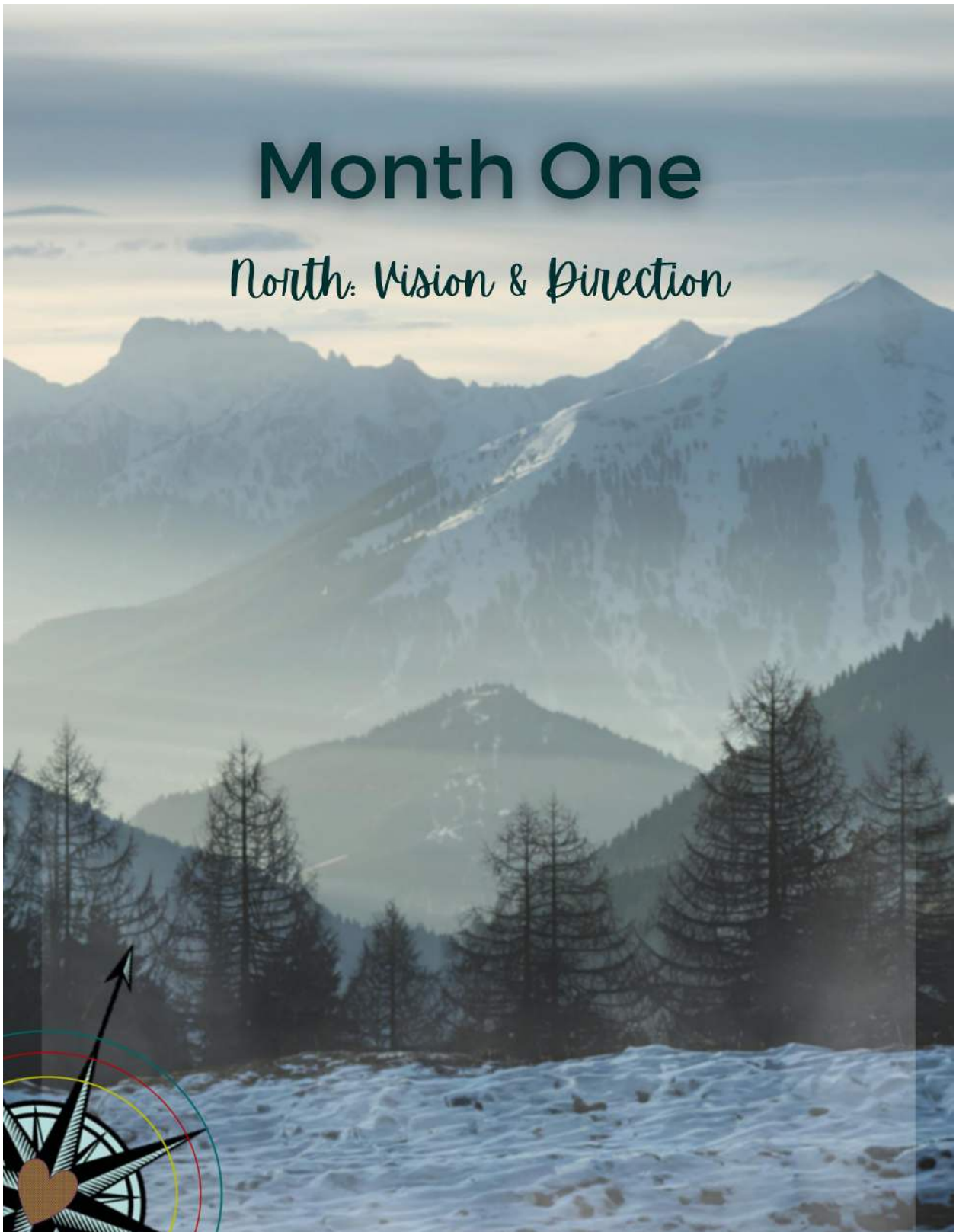
I am excited that you are here and on this journey. I can't wait to hear what you create from it.

*Donna*



# Month One

*North: Vision & Direction*



## Month ONE – North | Vision & Direction

**Monthly Focus:** Claiming Your Direction

**Compass Emphasis:** Vision, leadership, clarity, intentional growth

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*Month ONE, the beginning, is about **orientation**, not urgency.  
Before strategy, systems, or goals — we begin by knowing where  
we're headed and trusting that direction.*

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### WEEK 1: SETTING THE VISION

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** What does true abundance look like in my life and business this year?

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**Compass Action:** Write your personal definition of abundance for this year in one clear sentence.

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**Abundance Affirmation:** I trust my vision and allow it to guide my decisions.

### WEEK 2: OWNING THE VISION

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** What vision am I ready to claim without apology?

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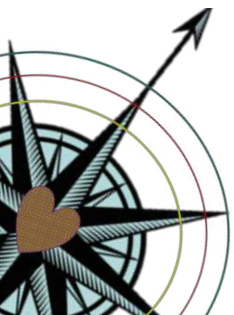
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**Compass Action:** Name one goal you are no longer minimizing or explaining.

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**Abundance Affirmation:** I am worthy of the future I am creating.



## WEEK 3: LEADING WITH CLARITY

COMPASS FOCUS: NORTH – VISION & DIRECTION

**Abundance Prompt:** Where am I being called to lead with greater clarity?

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**Compass Action:** Make one decision this week by asking: *Does this align with my vision?*

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**Abundance Affirmation:** I lead my life and business with clarity and confidence.

## WEEK 4: RELEASING SCARCITY

COMPASS FOCUS: NORTH – VISION & DIRECTION

**Abundance Prompt:** What belief about success or money am I ready to release?

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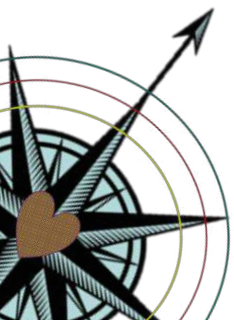
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**Compass Action:** Notice one scarcity-based thought this week and consciously replace it with a more expansive truth.

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**Abundance Affirmation:** Abundance flows when I honor my direction.



## WEEK 5: RECONNECTING TO DIRECTION

COMPASS FOCUS: NORTH – VISION & DIRECTION

**Abundance Prompt:** How does my vision guide my daily decisions?

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**Compass Action:** Schedule 15 minutes to review your vision and reconnect with why it matters.

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**Abundance Affirmation:** My goals are aligned with who I am becoming.

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### THIS WEEK I AM GRATEFUL FOR:

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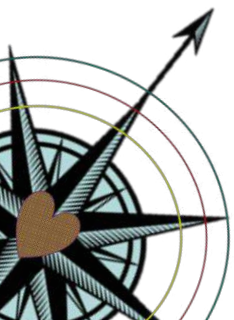
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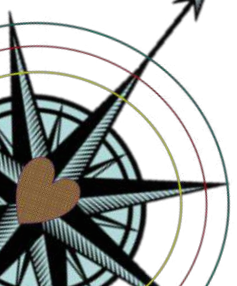
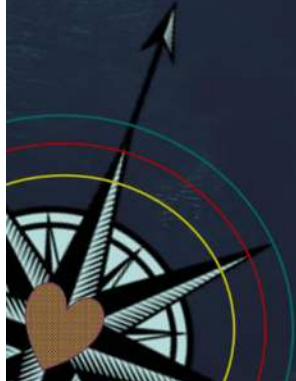
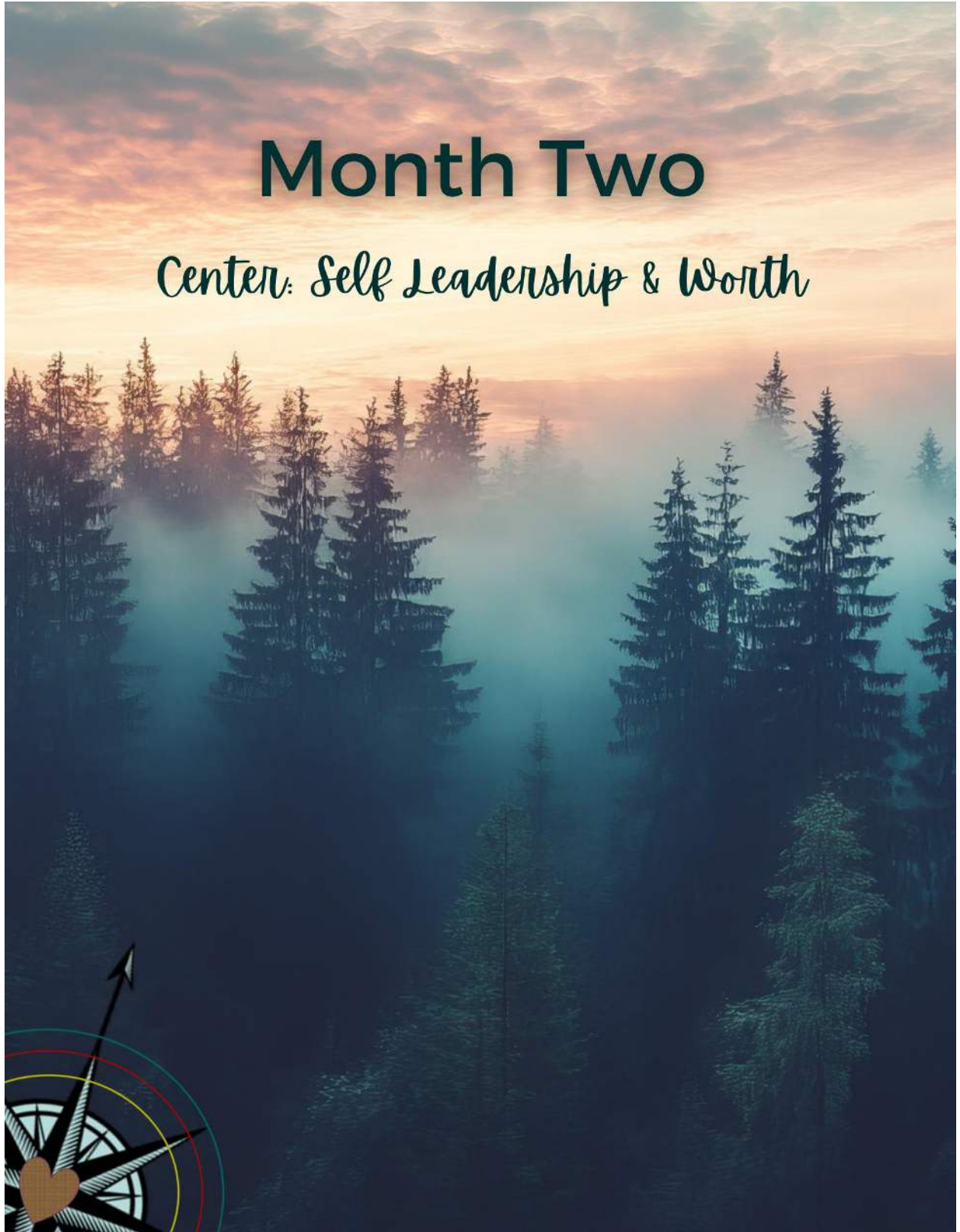
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# Month Two

*Center: Self Leadership & Worth*



## 🌟 Month TWO — Center | Self-Leadership & Worth

**Monthly Focus:** Receiving & Self-Trust

**Compass Emphasis:** Worth, boundaries, self-leadership, inner alignment

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*Month TWO reminds us that abundance begins at the center.  
When you trust yourself, honor your worth, and protect your energy, everything else  
— growth, income, impact — has room to expand naturally.*

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### WEEK 1: RELEASING PRODUCTIVITY AS WORTH

**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** Where am I tying my worth to productivity instead of presence?

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**Compass Action:** Notice one moment this week where you pause instead of pushing — and allow that to be enough.

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**Abundance Affirmation:** I am worthy of abundance exactly as I am.

### WEEK 2: ALLOWING SUPPORT

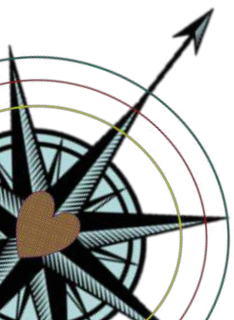
**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** How can I practice receiving support more fully?

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**Compass Action:** Say yes to one form of support this week — even if it feels uncomfortable or unfamiliar.



**Abundance Affirmation:** I allow myself to receive with ease and grace.

## WEEK 3: HONORING BOUNDARIES

COMPASS FOCUS: CENTER – SELF-LEADERSHIP

**Abundance Prompt:** What boundaries honor my energy right now?

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**Compass Action:** Set one clear boundary that protects your time, energy, or focus.

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**Abundance Affirmation:** I honor my needs without guilt or hesitation.

## WEEK 4: TRUSTING YOURSELF AS LEADER

COMPASS FOCUS: CENTER – SELF-LEADERSHIP

**Abundance Prompt:** What does self-trust look like in my leadership today?

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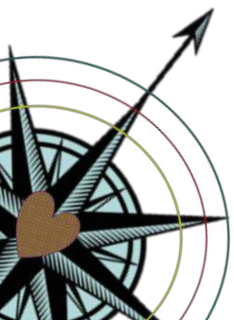
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**Compass Action:** Pause before reacting once this week and choose the response that reflects self-trust.

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**Abundance Affirmation:** My value is inherent, not earned through effort.



## WEEK 5: DEEPENING SELF-CARE AS STRATEGY

COMPASS FOCUS: CENTER – SELF-LEADERSHIP

**Abundance Prompt:** How does caring for myself expand my capacity to receive?

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**Compass Action:** Do one thing this week purely because it honors *you* — not because it's productive.

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**Abundance Affirmation:** Abundance expands when I trust myself.

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### THIS WEEK I AM GRATEFUL FOR:

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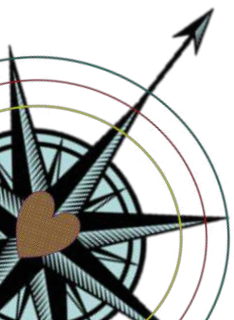
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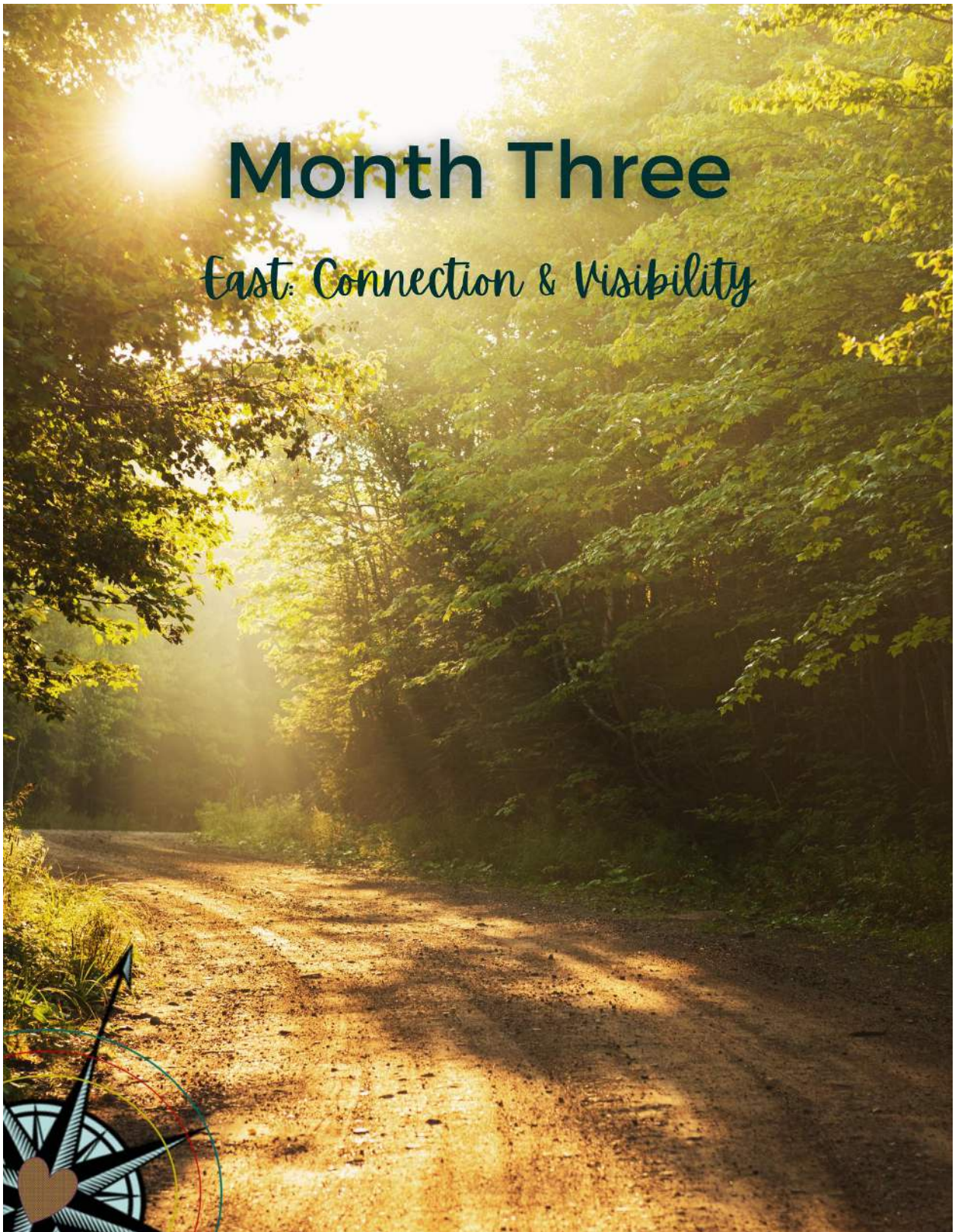
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# Month Three

*East: Connection & Visibility*



## 🌟 Month THREE — East | Connection & Visibility

**Monthly Focus:** Being Seen with Ease

**Compass Emphasis:** Authentic connection, communication, trust, visibility without force

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*Month THREE invites you to release hustle-based visibility and return to connection.*

*When you speak honestly and trust relationships overreach, visibility becomes an exchange — not a performance.*

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### WEEK 1: BEING SEEN WITHOUT PROVING

COMPASS FOCUS: EAST – CONNECTION & VISIBILITY

**Abundance Prompt:** Where can I allow myself to be seen without proving?

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**Compass Action:** Share one thought, idea, or truth this week without over-editing or over-explaining.

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**Abundance Affirmation:** I allow myself to be seen, heard, and valued.

### WEEK 2: NOURISHING CONNECTIONS

COMPASS FOCUS: EAST – CONNECTION & VISIBILITY

**Abundance Prompt:** What relationships feel most nourishing?

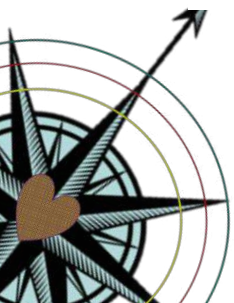
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**Compass Action:** Reach out to one person simply to connect — no agenda, no ask.

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## The Compass Year

**Abundance Affirmation:** The right people are drawn to me naturally.

### WEEK 3: SPEAKING AUTHENTICALLY

COMPASS FOCUS: EAST – CONNECTION & VISIBILITY

**Abundance Prompt:** How can I share my message more authentically?

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**Compass Action:** Express your message in your own words this week — not how you think it *should* sound.

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**Abundance Affirmation:** My voice creates meaningful connection.

### WEEK 4: SERVING THE RIGHT PEOPLE

COMPASS FOCUS: EAST – CONNECTION & VISIBILITY

**Abundance Prompt:** Who am I truly meant to serve right now?

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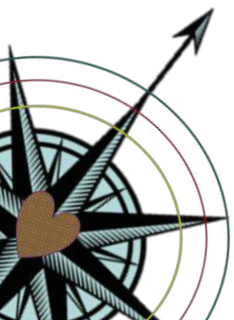
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**Compass Action:** Clarify who you are speaking to before you post, speak, or share this week.

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**Abundance Affirmation:** I show up authentically and attract aligned opportunities.



## WEEK 5: TRUSTING THE CONNECTION

COMPASS FOCUS: EAST – CONNECTION & VISIBILITY

**Abundance Prompt:** What happens when I trust the right people are already listening?

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**Compass Action:** Notice where connection feels easy — and lean into that space instead of forcing

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**Abundance Affirmation:** Abundance grows through genuine relationships.

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## THIS WEEK I AM GRATEFUL FOR:

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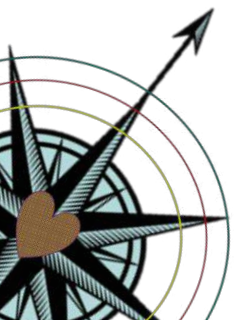
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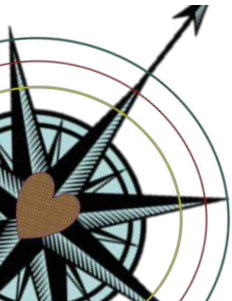
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# Quarterly Reflection



## QUARTER 1 — COMPASS REFLECTION

### Orientation & Alignment

You've just completed the first leg of your journey around the Compass.

Month ONE invited you to clarify your direction.

Month TWO asked you to strengthen your self-trust.

Month THREE encouraged you to connect without forcing visibility.

Before moving forward, pause here. This reflection is an opportunity to notice what has shifted, what has softened, and what is becoming clearer.

Integration is how insight turns into wisdom.

## QUARTER 1 REFLECTION

**Compass Emphasis:** North & Center

**Focus:** Vision, self-trust, worth, and direction

Take time to reflect honestly. There are no right answers — only awareness.

1. How has my vision for abundance evolved over the past three months?

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2. Where did I begin trusting myself more deeply?

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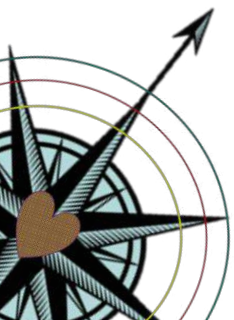
3. What beliefs about success, money, or worth am I starting to release?

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4. When did I feel most aligned with my direction this quarter?

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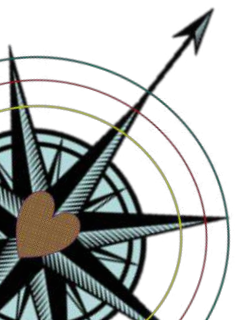
5. What did resistance teach me about what matters most?



## The Compass Year

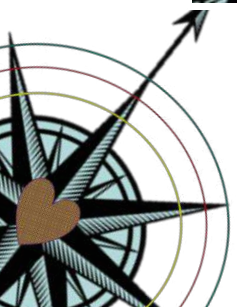
***As I move into the next quarter, how do I want to show up for my vision?***

If you'd like, you can return to this reflection at any point during the year. The Compass is not linear — it meets you where you are.



# April

*South: Systems & Support*



## 🌀 MONTH FOUR — South | Systems & Support

**Monthly Focus:** Creating Space for Flow

**Compass Emphasis:** Structure, stability, systems, and support that create ease

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*Month FOUR is about grounding abundance in the practical.  
Supportive systems don't restrict you — they free you.  
When your days are organized with intention,  
abundance has space to flow without friction or overwhelm.*

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### WEEK 1: CHOOSING SIMPLICITY

COMPASS FOCUS: SOUTH – SYSTEMS & SUPPORT

**Abundance Prompt:** Where is simplicity calling me forward?

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**Compass Action:** Simplify one task, process, or commitment this week.

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**Abundance Affirmation:** I release overwhelm and welcome simplicity.

### WEEK 2: ALLOWING SUPPORT SYSTEMS

COMPASS FOCUS: SOUTH – SYSTEMS & SUPPORT

**Abundance Prompt:** What systems could support me more fully?

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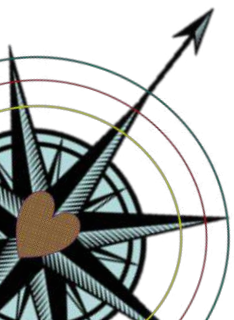
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**Compass Action:** Identify one system, tool, habit, or routine that could support you better — and make one small improvement.

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**Abundance Affirmation:** I create systems that support ease and flow.



## WEEK 3: STRUCTURE AS FREEDOM

COMPASS FOCUS: SOUTH – SYSTEMS & SUPPORT

**Abundance Prompt:** How can structure create more freedom?

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**Compass Action:** Create one small structure this week that makes your days feel calmer or more spacious.

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**Abundance Affirmation:** Structure in my life gives me freedom.

## WEEK 4: RELEASING OVERLOAD

COMPASS FOCUS: SOUTH – SYSTEMS & SUPPORT

**Abundance Prompt:** What am I ready to release to reduce overwhelm?

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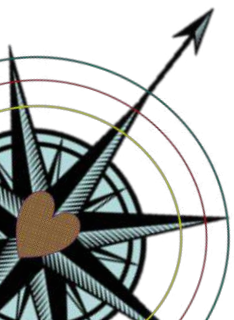
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**Compass Action:** Release one obligation, task, or expectation that adds unnecessary pressure.

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**Abundance Affirmation:** I am supported in ways seen and unseen.



## WEEK 5: ORGANIZATION AS SELF-CARE

COMPASS FOCUS: SOUTH – SYSTEMS & SUPPORT

**Abundance Prompt:** How does organization become an act of self-care?

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**Compass Action:** Organize one physical or digital space with intention — not perfection.

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**Abundance Affirmation:** Abundance increases as I organize my world.

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### THIS WEEK I AM GRATEFUL FOR:

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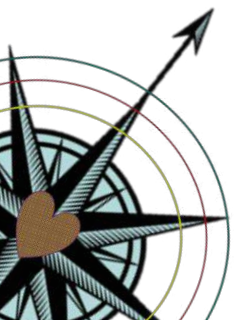
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## 🌀 MONTH FIVE — West | Innovation & Possibility

**Monthly Focus:** Expanding What's Possible

**Compass Emphasis:** Creativity, experimentation, growth, and aligned expansion

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*Month FIVE invites you to loosen your grip on “what’s practical” and reconnect with what’s possible. Innovation doesn’t require pressure or perfection — it begins with curiosity, creativity, and the willingness to explore what feels expansive and alive.*

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### WEEK 1: LISTENING TO IDEAS

COMPASS FOCUS: WEST – INNOVATION & POSSIBILITY

**Abundance Prompt:** What idea has been quietly waiting for my attention?

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**Compass Action:** Write down one idea you’ve been ignoring — without judging or evaluating it.

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**Abundance Affirmation:** Creativity flows freely through me.

### WEEK 2: EXPERIMENTING GENTLY

COMPASS FOCUS: WEST – INNOVATION & POSSIBILITY

**Abundance Prompt:** Where can I experiment without pressure?

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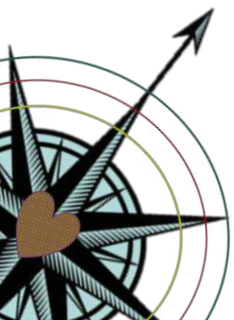
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**Compass Action:** Experiment with one small, low-risk change this week.

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**Abundance Affirmation:** I allow myself to explore new possibilities.



## WEEK 3: ALLOWING EVOLUTION

COMPASS FOCUS: WEST – INNOVATION & POSSIBILITY

**Abundance Prompt:** What would abundance look like if I let myself evolve?

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**Compass Action:** Allow yourself to change your mind about something — without explanation.

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**Abundance Affirmation:** I give myself permission to evolve.

## WEEK 4: FOLLOWING CURIOSITY

COMPASS FOCUS: WEST – INNOVATION & POSSIBILITY

**Abundance Prompt:** How can creativity lead me to new opportunities?

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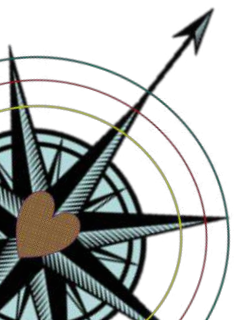
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**Compass Action:** Follow curiosity instead of a to-do list for 30 minutes this week.

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**Abundance Affirmation:** I trust inspired ideas to lead me forward.



## WEEK 5: SAYING YES TO EXPANSION

COMPASS FOCUS: WEST – INNOVATION & POSSIBILITY

**Abundance Prompt:** What feels exciting and expansive right now?

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**Compass Action:** Say yes to one opportunity that feels expansive rather than merely practical.

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**Abundance Affirmation:** Abundance expands when I embrace change.

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### THIS WEEK I AM GRATEFUL FOR:

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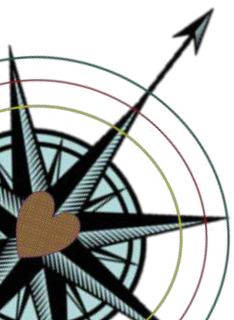
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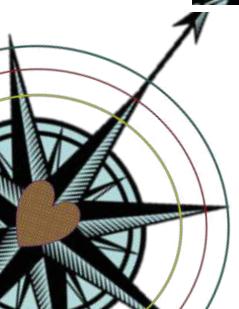
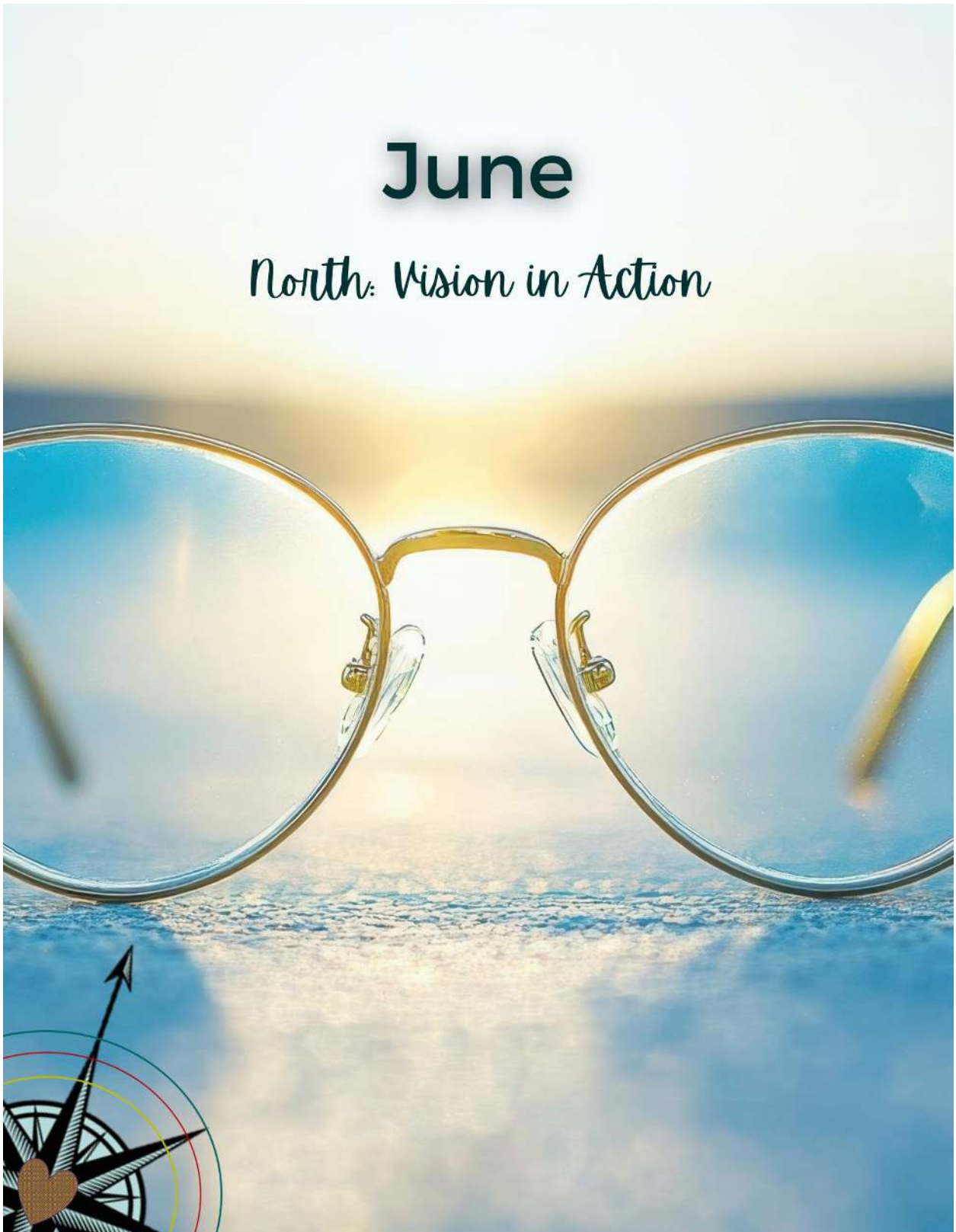
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# June

*North: Vision in Action*



## 🌟 MONTH SIX — North | Vision in Action

**Monthly Focus:** Aligned Momentum

**Compass Emphasis:** Translating vision into intentional action, clarity, and confident follow-through

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*Month SIX is where vision meets movement.  
This month is not about doing more — it's about taking aligned action.  
When your choices reflect your vision and values,  
momentum builds naturally and abundance follows with greater ease.*

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### WEEK 1: CHECKING THE PATH

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** How is my current path supporting my long-term vision?

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**Compass Action:** Choose one action this week that clearly supports your long-term vision.

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**Abundance Affirmation:** I take aligned action toward my goals.

### WEEK 2: FOCUSING INTENTIONALLY

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** What goal deserves more focused attention?

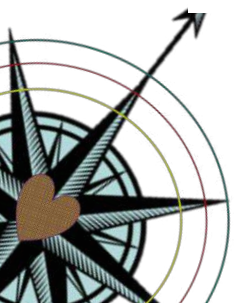
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**Compass Action:** Focus on ONE meaningful goal this week instead of spreading your energy across many.

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## The Compass Year

**Abundance Affirmation:** My daily choices reflect my long-term vision.

### WEEK 3: ALIGNING ACTION WITH VALUES

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** Where do I need to realign action with values?

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**Compass Action:** Pause and check that one key action you're taking truly aligns with what matters most to you.

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**Abundance Affirmation:** I move forward with purpose and intention.

### WEEK 4: DECIDING WITH CONFIDENCE

**COMPASS FOCUS: NORTH – VISION & DIRECTION**

**Abundance Prompt:** How does clarity help me decide with confidence?

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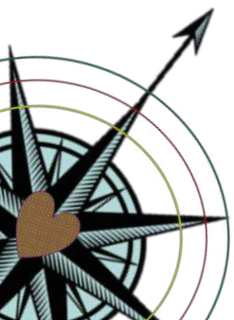
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**Compass Action:** Make one confident decision this week without over-researching or second-guessing.

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**Abundance Affirmation:** I trust the path unfolding before me.



## WEEK 5: CELEBRATING PROGRESS

COMPASS FOCUS: NORTH – VISION & DIRECTION

**Abundance Prompt:** What progress am I ready to celebrate?

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**Compass Action:** Celebrate one win this week — even if it feels small or unfinished.

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**Abundance Affirmation:** Abundance follows clarity and commitment.

---

### THIS WEEK I AM GRATEFUL FOR:

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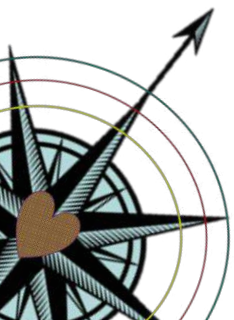
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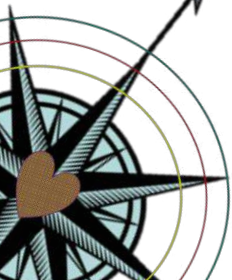
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# Quarterly Reflection



## 🌟 QUARTER 2 — COMPASS REFLECTION

### **Connection & Support**

Over the past three months, you've grounded your growth in practical support.

Month FOUR focused on systems and structure.

Month FIVE invited creativity and possibility.

Month SIX brought vision into action.

This is a natural point to pause and notice how connection, support, and structure have influenced your experience of abundance.

## QUARTER 2 REFLECTION

**Compass Emphasis:** East & South

**Focus:** Relationships, visibility, systems, and support

Which connections felt most nourishing and reciprocal this quarter?

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Where did I allow myself to be seen more authentically?

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What systems or structures supported me best?

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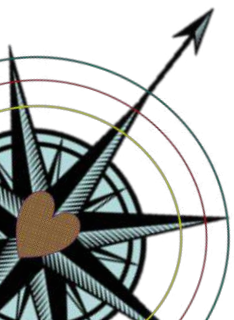
Where did I release the need to do everything alone?

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How did support — or lack of it — affect my sense of abundance?

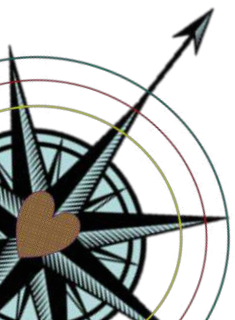
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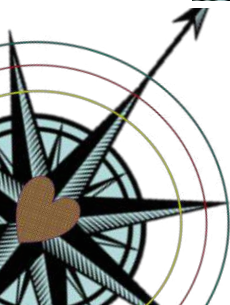
*How can I deepen trust in relationships, systems, and support as I move forward?*



## The Compass Year

If you'd like, you can return to this reflection at any point during the year. The Compass is not linear — it meets you where you are.





 **MONTH SEVEN — Center | Energy & Capacity**

**Monthly Focus:** Sustaining Abundance

**Compass Emphasis:** Energy management, self-leadership, capacity, and honoring your pace

---

*Month SEVEN is a return to the center.  
Abundance isn't sustained by effort alone —  
it's sustained by **energy, presence, and care.**  
This month invites you to honor your capacity, protect what nourishes you, and  
remember that rest and rhythm are part of aligned leadership.*

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**WEEK 1: PROTECTING WHAT FUELS YOU**

**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** Where does my energy feel full?

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**Compass Action:** Notice what gives you energy this week — and intentionally protect time for it.

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**Abundance Affirmation:** I honor my energy as a valuable resource.

**WEEK 2: CHOOSING NOURISHMENT**

**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** What nourishes me most right now?

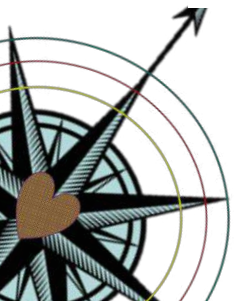
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**Compass Action:** Add one nourishing activity into your week — something that supports your body, mind, or spirit.

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## The Compass Year

**Abundance Affirmation:** My wellbeing fuels my success.

### WEEK 3: HONORING YOUR PACE

**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** How can I honor my pace without guilt?

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**Compass Action:** Slow your pace intentionally once each day this week — even briefly.

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**Abundance Affirmation:** I move at a pace that sustains me.

### WEEK 4: REST AS A RESOURCE

**COMPASS FOCUS: CENTER – SELF-LEADERSHIP**

**Abundance Prompt:** What does rest make possible?

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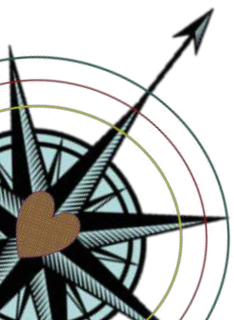
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**Compass Action:** Rest before you feel exhausted — even if it's just a short pause or reset.

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**Abundance Affirmation:** Rest and renewal support my abundance.



## WEEK 5: CHOOSING EASE

COMPASS FOCUS: CENTER – SELF-LEADERSHIP

**Abundance Prompt:** How does protecting my energy increase abundance?

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**Compass Action:** Say no to one thing this week that drains your energy or feels misaligned.

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**Abundance Affirmation:** I create space for ease, joy, and balance.

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## THIS WEEK I AM GRATEFUL FOR:

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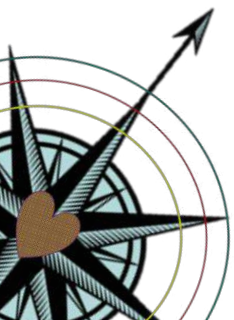
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# August

*East: Relationships & Trust*



## 🌟 MONTH EIGHT — East | Relationships & Trust

**Monthly Focus:** Deepening Connection

**Compass Emphasis:** Trust, communication, collaboration, and relationship-centered growth

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*Month EIGHT invites you to deepen the quality of your connections.  
Abundance grows through trust, presence, and mutual respect —  
not transactions or urgency.  
This month is about strengthening relationships by showing up fully, listening  
deeply, and leading with openness.*

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### WEEK 1: HONORING SUPPORTIVE RELATIONSHIPS

**COMPASS FOCUS: EAST – RELATIONSHIPS & TRUST**

**Abundance Prompt:** Which relationships support my growth and joy?

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**Compass Action:** Acknowledge one relationship this week that truly supports you — with gratitude or presence.

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**Abundance Affirmation:** I build relationships rooted in trust and respect.

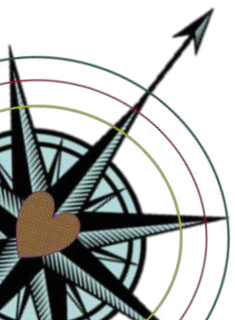
### WEEK 2: PRACTICING TRUST THROUGH LISTENING

**COMPASS FOCUS: EAST – RELATIONSHIPS & TRUST**

**Abundance Prompt:** How can I nurture trust more intentionally?

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## The Compass Year

**Compass Action:** Practice listening without preparing a response in one conversation this week.

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**Abundance Affirmation:** Mutual support flows naturally into my life.

### WEEK 3: CHOOSING CURIOSITY

COMPASS FOCUS: EAST – RELATIONSHIPS & TRUST

**Abundance Prompt:** Where can I lead with curiosity instead of assumption?

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**Compass Action:** Ask a curious, open-ended question instead of making an assumption.

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**Abundance Affirmation:** I communicate openly and authentically.

### WEEK 4: GENEROSITY WITHOUT EXPECTATION

COMPASS FOCUS: EAST – RELATIONSHIPS & TRUST

**Abundance Prompt:** How does generosity show up in my relationships?

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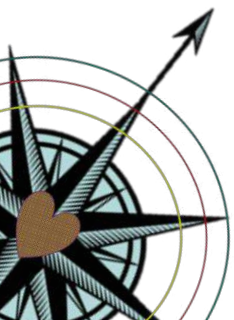
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**Compass Action:** Offer generosity this week without expecting anything in return.

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**Abundance Affirmation:** Abundance grows through collaboration.



## WEEK 5: PRESENCE OVER OUTCOME

### COMPASS FOCUS: EAST – RELATIONSHIPS & TRUST

**Abundance Prompt:** What happens when I focus on relationships over outcomes?

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**Compass Action:** Choose presence over outcome in one interaction this week.

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**Abundance Affirmation:** I trust myself and others to meet me in alignment.

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### THIS WEEK I AM GRATEFUL FOR:

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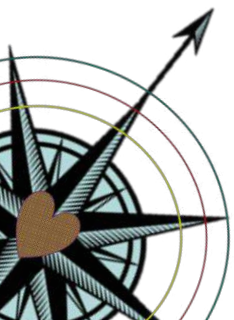
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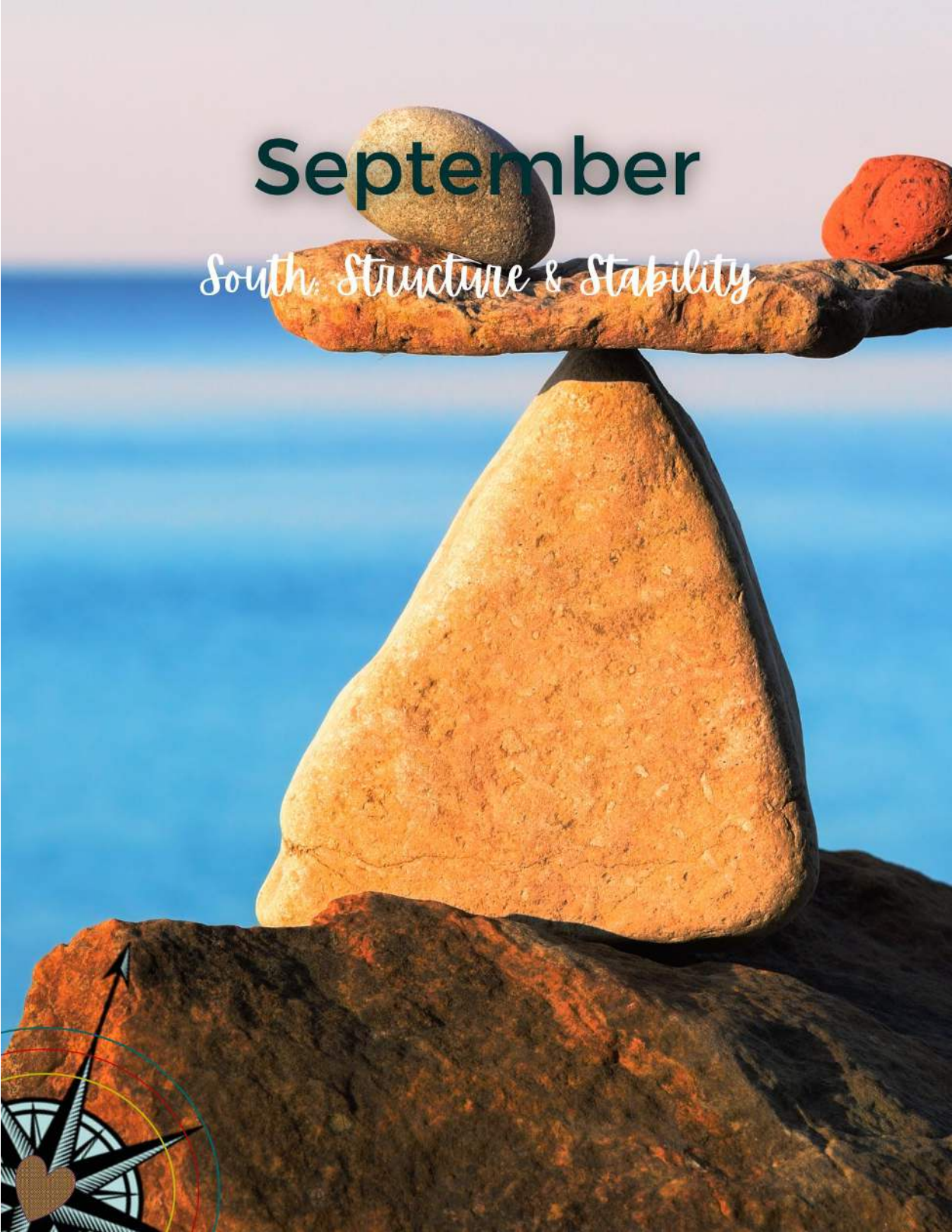
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## 🌟 MONTH NINE — South | Structure & Stability

**Monthly Focus:** Grounded Growth

**Compass Emphasis:** Consistency, routines, foundations, and steady support

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*Month NINE is about creating steadiness without rigidity.  
Abundance thrives when your foundations are strong enough to support growth,  
yet flexible enough to adapt.  
This month invites you to recommit to structures  
that bring calm, clarity, and confidence.*

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### WEEK 1: RECLAIMING SUPPORTIVE ROUTINES

**COMPASS FOCUS: SOUTH – STRUCTURE & STABILITY**

**Abundance Prompt:** What routines support consistency and peace?

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**Compass Action:** Recommit to one routine that brings steadiness to your days.

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**Abundance Affirmation:** My routines support peace and progress.

### WEEK 2: STRENGTHENING THE FOUNDATION

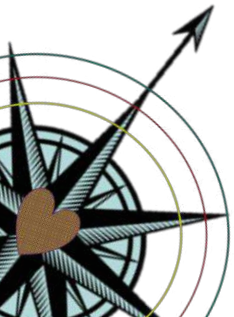
**COMPASS FOCUS: SOUTH – STRUCTURE & STABILITY**

**Abundance Prompt:** Where can I strengthen my foundation?

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**Compass Action:** Strengthen one foundation this week — a schedule, habit, budget, or workflow.



**Abundance Affirmation:** Strong foundations allow me to expand.

## WEEK 3: PREPARING WITH INTENTION

COMPASS FOCUS: SOUTH – STRUCTURE & STABILITY

**Abundance Prompt:** How does preparation create confidence?

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**Compass Action:** Prepare ahead for something that usually feels stressful or rushed.

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**Abundance Affirmation:** I am grounded, capable, and prepared.

## WEEK 4: REFINING INSTEAD OF REBUILDING

COMPASS FOCUS: SOUTH – STRUCTURE & STABILITY

**Abundance Prompt:** What system or habit needs refinement?

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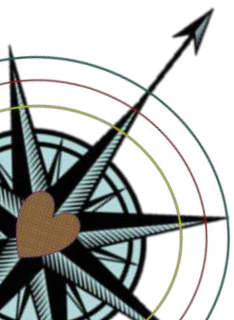
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**Compass Action:** Refine one existing system instead of creating something new.

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**Abundance Affirmation:** I create stability through consistent action.



## WEEK 5: TRUSTING STEADY PROGRESS

COMPASS FOCUS: SOUTH – STRUCTURE & STABILITY

**Abundance Prompt:** How does stability support expansion?

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**Compass Action:** Choose consistency over urgency in one area this week.

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**Abundance Affirmation:** Abundance flows from steadiness and trust.

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### THIS WEEK I AM GRATEFUL FOR:

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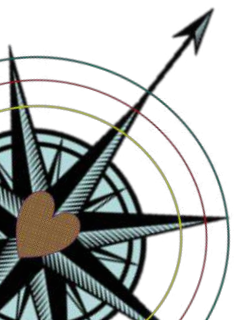
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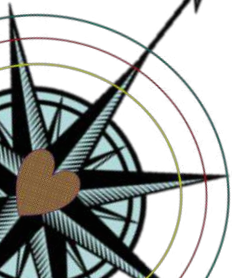
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# Quarterly Reflection



## 🌀 **QUARTER 3 — COMPASS REFLECTION**

### **Expansion with Sustainability**

This quarter asked you to expand without burning out.

Month SEVEN centered on energy and capacity.

Month EIGHT deepened trust in relationships.

Month NINE reinforced stability and structure.

Before moving into the final stretch of the year, take time to reflect on how growth has felt — not just what it produced.

## **QUARTER 3 REFLECTION**

**Compass Emphasis:** West & Center

**Focus:** Growth, capacity, energy, and sustainable expansion

1. Where did I experience growth or expansion this quarter?

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2. What did I learn about my energy and capacity?

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3. Where did I stretch — and where did I need to rest?

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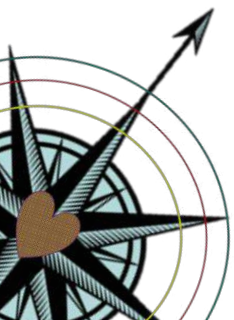
4. How did I respond to opportunities for growth?

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5. What helped me stay grounded while expanding?

***What does sustainable growth look like for me in the next season?***

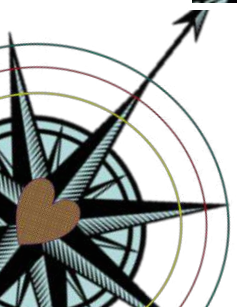
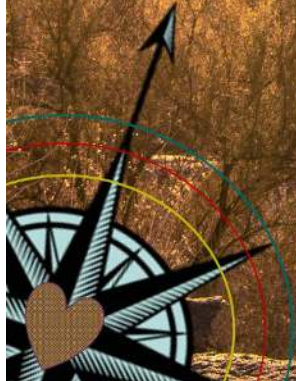
If you'd like, you can return to this reflection at any point during the year. The Compass is not linear — it meets you where you are.





# October

*West: Growth & Expansion*



## 🌟 MONTH TEN — West | Growth & Expansion

**Monthly Focus:** Bold, Aligned Evolution

**Compass Emphasis:** Expansion, opportunity, growth without force, becoming your next version

---

*Month TEN invites you to step into growth with intention rather than pressure. Expansion doesn't have to be dramatic or exhausting — it can be steady, aligned, and deeply supportive of who you are becoming. This month is about stretching just enough to grow, while staying rooted in your values.*

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### WEEK 1: GENTLE STRETCHING

**COMPASS FOCUS: WEST – GROWTH & EXPANSION**

**Abundance Prompt:** Where am I ready to stretch beyond comfort?

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**Compass Action:** Stretch slightly beyond your comfort zone this week — gently and intentionally.

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**Abundance Affirmation:** I welcome growth that aligns with my values.

### WEEK 2: BECOMING THE NEXT VERSION

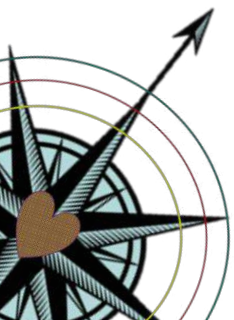
**COMPASS FOCUS: WEST – GROWTH & EXPANSION**

**Abundance Prompt:** What version of myself am I becoming?

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**Compass Action:** Name one way you are already stepping into your next version.



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**Abundance Affirmation:** I expand without pressure or force.

## WEEK 3: RELEASING THE RUSH

COMPASS FOCUS: WEST – GROWTH & EXPANSION

**Abundance Prompt:** How can I grow without hustling?

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**Compass Action:** Name one way you are already stepping into your next version.

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---

**Abundance Affirmation:** I am open to what is next for me.

## WEEK 4: SAYING YES WITH DISCERNMENT

COMPASS FOCUS: WEST – GROWTH & EXPANSION

**Abundance Prompt:** What opportunity am I ready to say yes to?

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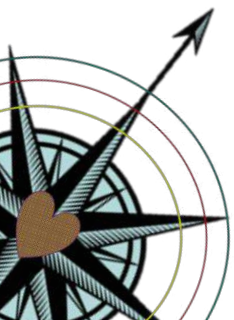
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**Compass Action:** Say yes to one aligned opportunity that supports your growth.

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**Abundance Affirmation:** New opportunities meet me at the right time.



## WEEK 5: EMBODYING EXPANSION

COMPASS FOCUS: WEST – GROWTH & EXPANSION

**Abundance Prompt:** How does aligned growth feel in my body?

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**Compass Action:** Notice how growth feels in your body this week — adjust pace if needed.

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**Abundance Affirmation:** Abundance grows as I stretch into my potential.

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### THIS WEEK I AM GRATEFUL FOR:

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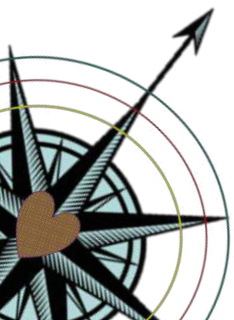
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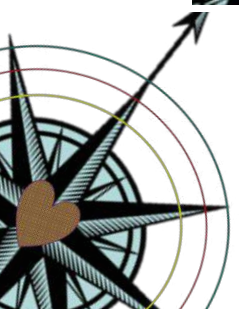
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# November

*Center: Gratitude & Integration*



## 🌀 MONTH ELEVEN — Center | Gratitude & Integration

**Monthly Focus:** Honoring the Journey

**Compass Emphasis:** Reflection, gratitude, integration, self-compassion, and contentment

---

*Month ELEVEN is an invitation to pause and recognize what has already unfolded.*

*Abundance deepens when we slow down enough to notice it.*

*This month is about honoring your growth, integrating lessons, and allowing gratitude to anchor you in the present moment.*

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## WEEK 1: RECOGNIZING WHAT IS ALREADY HERE

**COMPASS FOCUS: CENTER – GRATITUDE & INTEGRATION**

**Abundance Prompt:** What abundance is already present?

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**Compass Action:** Write down three forms of abundance you can name today.

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**Abundance Affirmation:** I recognize and appreciate the abundance around me.

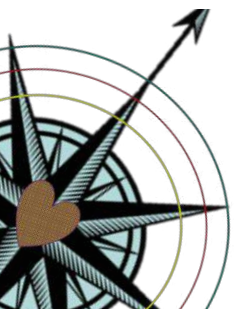
## WEEK 2: ACKNOWLEDGING GROWTH

**COMPASS FOCUS: CENTER – GRATITUDE & INTEGRATION**

**Abundance Prompt:** How have I grown this year?

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## The Compass Year

**Compass Action:** Acknowledge one area of growth without minimizing or comparing.

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**Abundance Affirmation:** I honor how far I have come.

### WEEK 3: THANKING THE LESSONS

**COMPASS FOCUS: CENTER – GRATITUDE & INTEGRATION**

**Abundance Prompt:** What lessons am I grateful for, even if they were challenging?

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**Compass Action:** Thank yourself for one lesson learned this year.

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**Abundance Affirmation:** Gratitude deepens my sense of fulfillment.

### WEEK 4: RELEASING COMPARISON

**COMPASS FOCUS: CENTER – GRATITUDE & INTEGRATION**

**Abundance Prompt:** How can I honor my journey without comparison?

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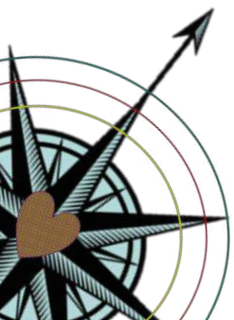
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**Compass Action:** Notice one comparison this week and gently release it.

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**Abundance Affirmation:** I integrate lessons with compassion and pride.



## WEEK 5: RESTING IN ENOUGH

COMPASS FOCUS: CENTER – GRATITUDE & INTEGRATION

**Abundance Prompt:** What does “enough” feel like right now?

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**Compass Action:** Practice contentment this week without striving to change or improve anything.

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**Abundance Affirmation:** Abundance is already present in my life.

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## THIS WEEK I AM GRATEFUL FOR:

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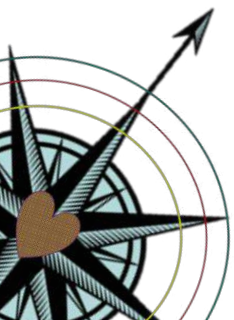
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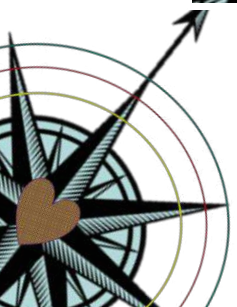
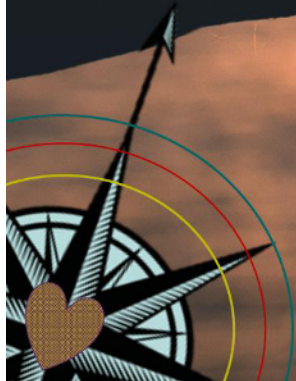
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# December

*North: Reflection & Renewal*



## 🌀 MONTH TWELVE — North | Reflection & Renewal

**Monthly Focus:** Closing with Intention

**Compass Emphasis:** Reflection, release, renewal, and conscious leadership into what's next

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*Month TWELVE is both an ending and a beginning.  
This month invites you to reflect with honesty,  
release with compassion, and step forward with intention.  
Abundance continues when you close one chapter fully before opening the next.*

---

### WEEK 1: HONORING WHAT YOU'VE CREATED

COMPASS FOCUS: NORTH – REFLECTION & DIRECTION

**Abundance Prompt:** What am I proud of creating this year?

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**Compass Action:** Name one accomplishment you are proud of — without minimizing it.

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**Abundance Affirmation:** I celebrate my growth and progress.

### WEEK 2: RELEASING WHAT NO LONGER FITS

COMPASS FOCUS: NORTH – REFLECTION & DIRECTION

**Abundance Prompt:** What am I ready to release before moving forward?

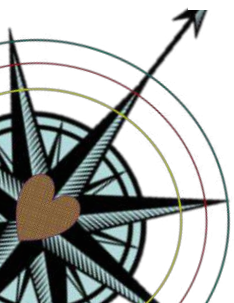
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**Compass Action:** Release one belief, habit, or expectation that no longer aligns with who you are becoming.

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## The Compass Year

**Abundance Affirmation:** I release what no longer serves me.

### WEEK 3: REFLECTING ON FLOW

**COMPASS FOCUS: NORTH – REFLECTION & DIRECTION**

**Abundance Prompt:** How has abundance flowed into -- and through -- my life this year?

---

**Compass Action:** Reflect on one way abundance flowed *through* you to others this year.

---

**Abundance Affirmation:** I close this chapter with peace and gratitude.

### WEEK 4: CARRYING INTENTION FORWARD

**COMPASS FOCUS: NORTH – REFLECTION & DIRECTION**

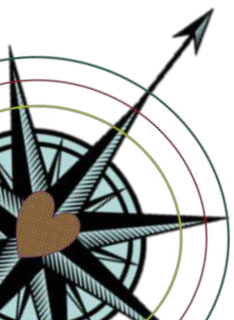
**Abundance Prompt:** What intention do I carry forward into the new year?

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**Compass Action:** Write down one guiding intention for the year ahead.

---

**Abundance Affirmation:** I trust what is unfolding next.



## WEEK 5: LEADING YOURSELF INTO WHAT'S NEXT

COMPASS FOCUS: NORTH – REFLECTION & DIRECTION

**Abundance Prompt:** How do I choose to lead myself into what's next?

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**Compass Action:** Choose one gentle first step that honors the direction you're heading.

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**Abundance Affirmation:** I step forward renewed, aligned, and open to abundance.

---

You have now completed a full journey around the Compass — returning to the North with deeper awareness, clarity, and trust.

Abundance is not something you chase. It is something you align with, receive, and allow to flow through you.

### THIS WEEK I AM GRATEFUL FOR:

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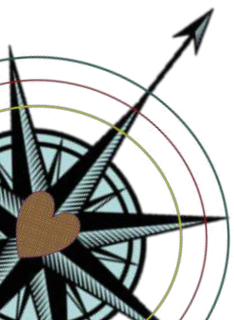
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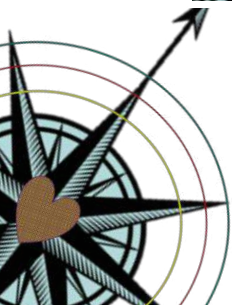
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# Quarterly Reflection



## **QUARTER 4 — COMPASS REFLECTION**

### **Integration & Renewal**

You have completed a full journey around the Compass.

Month TEN encouraged aligned expansion.

Month ELEVEN invited gratitude and integration.

Month TWELVE created space for reflection and renewal.

This final reflection is not about evaluation — it is about honoring what has unfolded and choosing how you want to lead yourself forward.

## **QUARTER 4 REFLECTION**

**Compass Emphasis:** Center & North

**Focus:** Gratitude, completion, reflection, and renewal

1. What am I most proud of from this year?

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2. What lessons shaped me the most?

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3. Where did abundance flow *through* me to others?

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4. What am I complete with or ready to release?

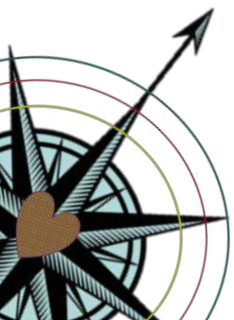
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5. How has my definition of success evolved?

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***As I step into a new cycle, how do I choose to lead myself next?***

The Compass is not meant to be followed perfectly — it is meant to be returned to.



## The Compass Year

Whenever you feel uncertain, overwhelmed, or ready for more, you already know how to find your way back.

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### **A Closing Note**

If you've reached this page, take a moment to pause.

You've traveled a full journey around the Compass — through vision and connection, structure and growth, reflection and renewal. And while this guide may be ending here, your journey is not.

What matters most is not how many pages you completed or how consistently you followed the prompts. What matters is what you noticed. What softened. What shifted. What you chose to honor within yourself.

Abundance is not something you earn by doing more or being different. It is something you experience when you are aligned with who you are and how you choose to lead yourself.

You now have a language for listening inward.

You have practices for returning to center.

And you have a Compass you can trust — one that doesn't demand perfection, only presence.

Carry forward what feels true. Release what no longer fits. And remember that clarity often arrives quietly, through reflection, honesty, and self-trust.

Whenever you feel uncertain, overwhelmed, or ready for more, you know how to find your way back.

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### **An Invitation**

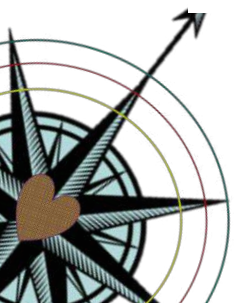
You are always welcome to return to this guide.

You might revisit a single week.

You might reflect on a quarter again.

You might begin the journey anew.

There is no right time and no wrong pace.



## The Compass Year

Let this guide remain a steady companion — one that reminds you that growth can be spacious, leadership can be humane, and abundance can flow without force.

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### ☀️ Final Inspiration

Trust your direction.  
Honor your energy.  
Allow support.  
Expand with intention.  
Return to center often.

The Compass does not lead you away from yourself — it leads you home.

**Remember:** Business growth is a flow. Strengthen one key, and you strengthen them all.

All the best,

*Donna*

Donna Price  
Founder and CEO

Compass Rose Consulting, LLC

<https://compassroseconsulting.com>

Members of the [Business Growth and Profits Hub](#) gain access to almost every course at CRC as part of their membership.

There are many additional resources that you may find helpful on Compass Rose Consulting.

