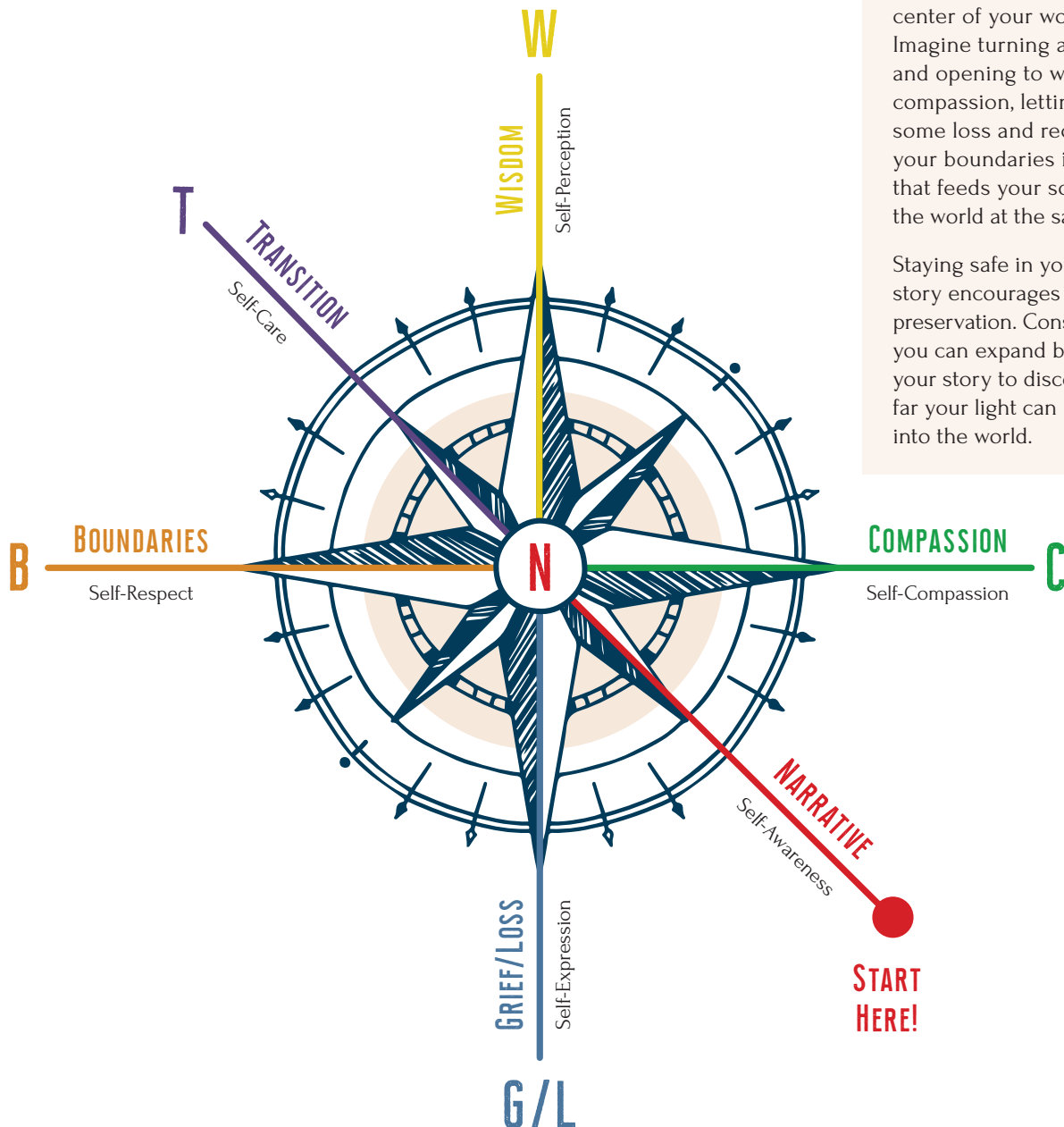


SELF-AWARENESS & ACCEPTANCE COMPASS

Developing self-awareness enables you to assess where you are and what elements of your physical, emotional and mental self may need your attention, care and acceptance, just as you are.

Your inner lighthouse reminds you that you have agency and impact simply by being you.



N represents you in the center of your world. Imagine turning around and opening to wisdom, compassion, letting go of some loss and recreating your boundaries in a way that feeds your soul and the world at the same time!

Staying safe in your story encourages self-preservation. Consider how you can expand beyond your story to discover how far your light can reach into the world.