



THE COMPASS RESET

A Self-Guided Workbook for People Who've Lost the Plot

A MYSELF PROJECT WORKBOOK

This workbook is not therapy. It is not motivation.
It is a thinking tool, built for people who are functioning on the outside
and quietly falling apart on the inside.

You don't need to be in crisis to use this. You just need to feel
like something important has gone missing.

My name is _____

I started this workbook on _____

Before You Begin

A few honest things about this workbook:

There are no right answers here. If something feels too hard to answer, skip it and come back. If your answer surprises you, sit with it. That discomfort is information.

You don't need to complete this in one sitting. This is not a race or a test. Some people work through it over a weekend. Others take weeks. Both are fine.

Write badly. The internal editor that tells you your answers are 'wrong' or 'dramatic' is the same voice that got you here. Let it sit this one out.

Print this, if you can. Write by hand. Handwriting slows you down in a way that matters: it is harder to delete, harder to perform, and closer to what you actually think.

This workbook has five sections:

| | | |
|------|----------------|--|
| I. | The Collapse | naming what actually happened |
| II. | The Noise | separating your voice from everything else |
| III. | The Signal | finding what still pulls at you |
| IV. | The Map | drafting a first real direction |
| V. | The First Step | one concrete thing, this week |

You don't need to be broken to use this. You just need to be honest.

Section I - The Collapse

Naming what actually happened

Before you can move, you need to understand what stopped you. Not the dramatic version – the honest one. Most people who feel lost didn't hit a wall. They slowly ran out of fuel, and didn't notice until the engine went quiet.

1.1 What does 'lost' actually feel like for you?

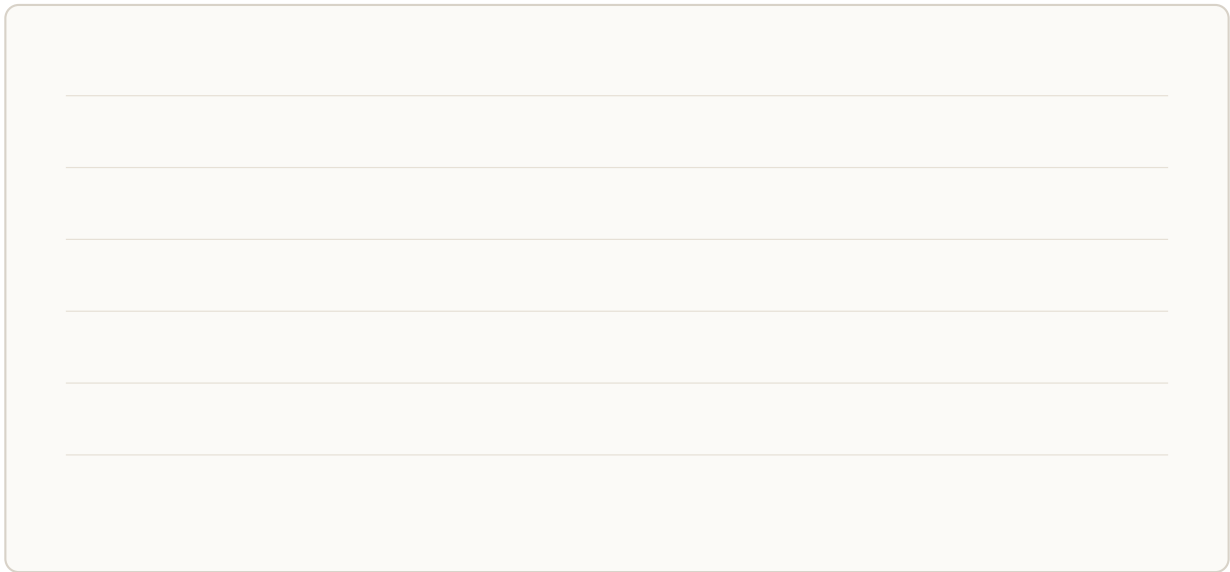
Not what you think it should feel like. What does it actually feel like in your body, in your days, in your decisions?

Describe a typical day from the last month.

Be specific - not the highlight reel, the actual day.

What moment in the last few months made you feel the most like yourself?

What made it different?



1.2 The slow drain

Loss of direction rarely arrives all at once. It accumulates. Below, check anything that feels true – even partially.

- I go through the motions but feel little connection to what I'm doing
- I've stopped making plans for the future
- I compare my life to what I thought it would look like by now
- I feel most alive in very brief, specific moments - and the rest is just waiting
- I've withdrawn from people who used to matter to me
- I work hard but feel like nothing I do has real meaning
- I'm tired in a way that sleep doesn't fix
- I don't know what I want anymore
- I know what I should do - I just can't make myself care

What would you add that isn't on this list?

1.3 The thing you haven't said out loud

Often the most important thing is the one we've been careful not to say. You don't have to share this with anyone. Finish this sentence: 'The thing I'm most afraid to admit about where I am right now is...'

Section II - The Noise

Separating your voice from everything else

When we lose direction, we tend to fill the silence with other people's opinions: what we should want, who we should be, what success looks like. Before you can hear your own signal, you need to identify what's creating the interference.

2.1 Whose voice is loudest?

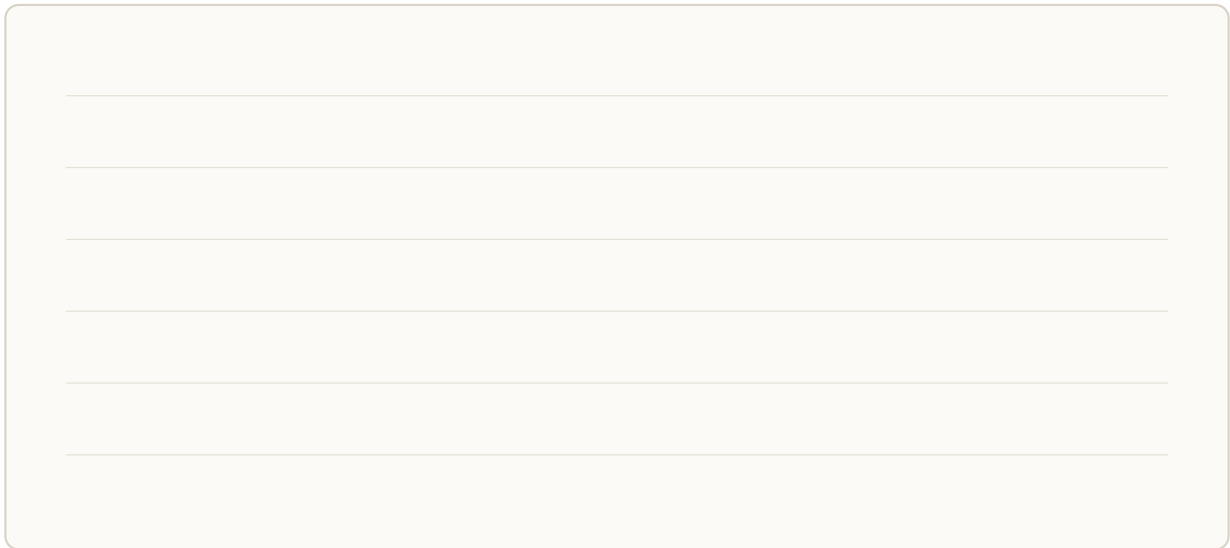
Think about the expectations you carry. Some are spoken. Many aren't. List 3-5 people whose opinion of your life matters to you, or used to.

For each person you listed, what do they believe your life should look like?

Write it as if they were saying it out loud.

Which of these voices do you actually agree with?

Which have you just been carrying without choosing them?



2.2 The stories you've told yourself

We all carry narratives that once made sense and then quietly became cages.

- 'I'm too old to start something new'
- 'I've already invested too much to change direction'
- 'People like me don't get to do what they actually want'
- 'If I were stronger, I wouldn't feel this way'
- 'I should be grateful - other people have it worse'
- 'I already missed my window'
- 'Nobody would understand'

What story would you add?

Three horizontal lines for writing.

Pick one story from the list above - the one that stings the most.

Where did it come from? Is there evidence it's actually true?

Eight horizontal lines for writing.

Section III - The Signal

Finding what still pulls at you

Under the noise, there is usually something. A pull. A recurring thought. An activity that makes an hour disappear. This section is about following those threads – not to find your 'passion' (that word has been ruined), but to find what still generates energy for you, even if you can't explain why.

3.1 The energy audit

Name 3 moments from the last 3 months when you felt genuinely absorbed - not happy necessarily, but present and engaged. What were you doing?

Name 3 things that reliably drain you.

Not just boring - actually depleting. What do they have in common?

3.2 What you keep coming back to

If money and judgment didn't exist, what would you spend your time doing?

Not a fantasy career - an actual activity you would do tomorrow.

Four horizontal lines for writing.

What did you love doing between the ages of 8 and 14?

Before anyone told you what it was worth. Is any part of that still alive?

Four horizontal lines for writing.

What problems do you find yourself thinking about?

Not because you have to, but because they genuinely interest you.

3.3 The quiet wanting

This one requires honesty. No editing. Complete this sentence without stopping to think: 'I would be embarrassed to admit it, but what I actually want is...'

Section IV - The Map

Drafting a first real direction

This is not a life plan. It's a first sketch – something you can hold up to the light and see if it resembles what you actually want. Most compasses don't point exactly north on the first try. They get calibrated through use.

4.1 What a good life looks like, in concrete terms

Describe your ideal Tuesday - not a vacation, a regular working day. Where are you? Who are you with? What are you doing in the morning, afternoon, and evening?

What three things would need to be true about your life for you to feel like it is working?

Not dreams - baseline conditions for feeling okay.

Handwriting practice area with five horizontal lines.

4.2 The gap

Where are you now?

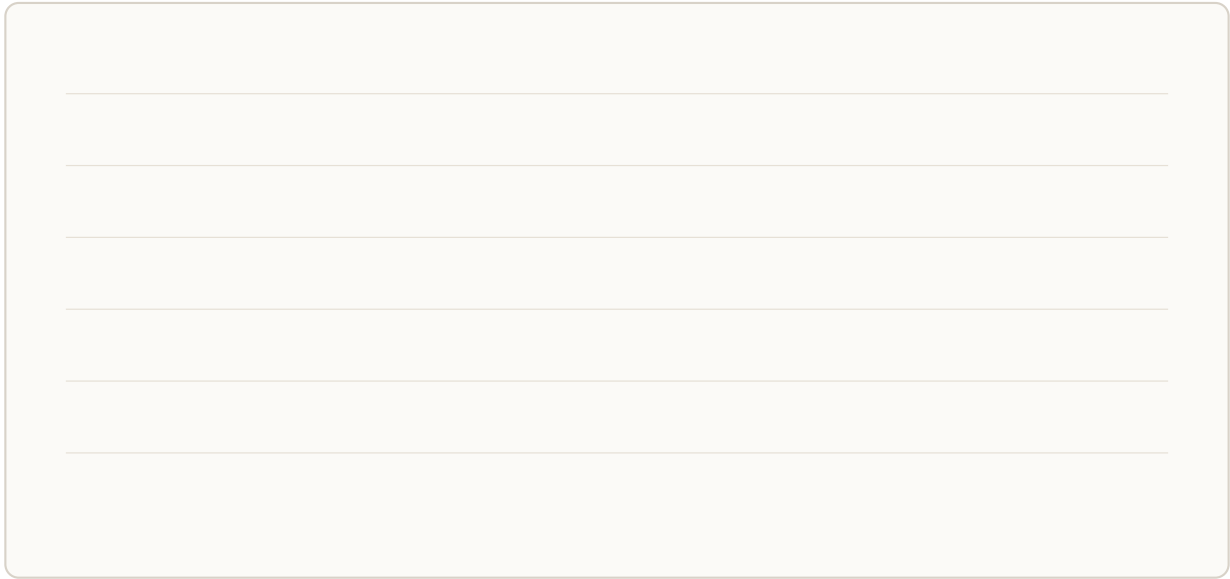
Handwriting practice area with two horizontal lines.

Where do you want to be?

Handwriting practice area with two horizontal lines.

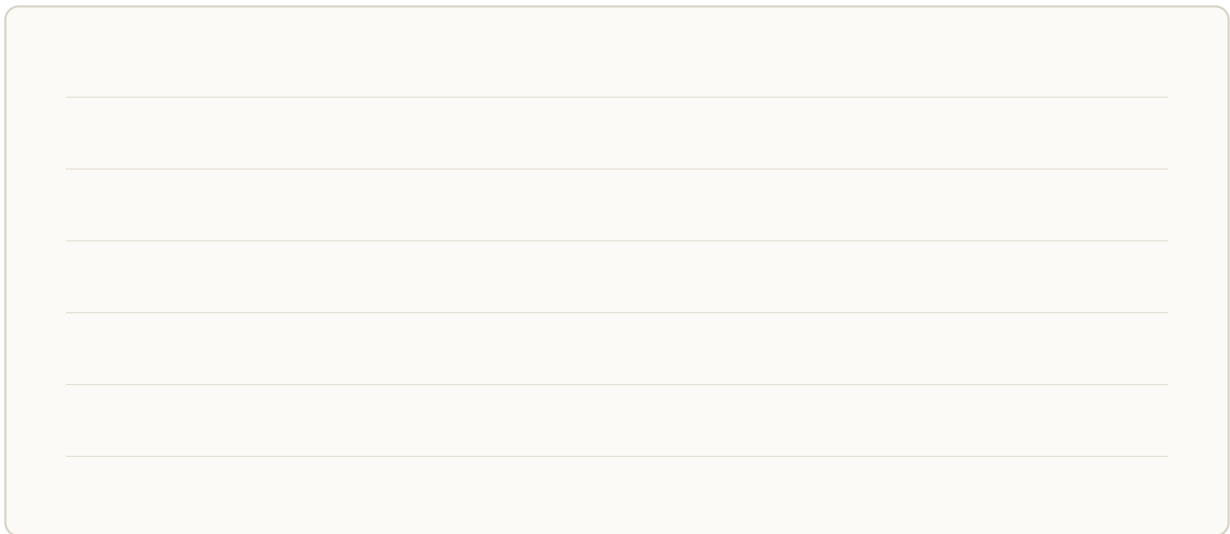
What is the single biggest thing standing between those two?

Not a list - the one thing that, if it moved, would move everything else.



4.3 What you know you need to stop

Moving forward often requires releasing something first. What are you currently doing - a habit, a commitment, a relationship, a story you tell yourself - that you know is holding you in place?



Section V - The First Step

One concrete thing, this week

The gap between insight and movement is where most people stay. Not because they're weak – because the next step feels too small to matter, or too large to survive. This section is about finding something that is neither: something real, doable, and directional.

5.1 The 10% shift

You don't need to burn your life down. You need to move 10% in the direction of what you actually want. Based on everything you've written, what is one thing - one conversation, one decision, one hour of your week - that would move you 10% closer to the life you described in Section IV?

5.2 Making it real

Vague intentions evaporate. Specific ones have a chance.

The specific thing I will do is:

I will do it by (date):

The thing most likely to stop me is:

If that happens, I will:

5.3 The one-sentence direction

Not a goal. A direction. Something you can check your daily decisions against. Complete this sentence:

*I am moving toward a life where I _____,
for people who _____,
in a way that _____.*

Keep this page. Revisit it in 30 days. Not to grade yourself – to see what has moved.



A note from the person who made this

I built this workbook because I needed it and it didn't exist.

I've spent years teaching other people's children in a system that mistakes information transfer for education. I've watched the meaning drain out of work that should matter. I've felt the specific kind of lost that comes not from disaster, but from the slow erosion of direction.

What brought me back wasn't a breakthrough or a mentor or a perfect plan. It was asking myself better questions and actually sitting with the answers – even the ones I didn't like.

That's what this workbook is: not a map to someone else's destination, but a tool for finding your own.

If something in these pages shifted something for you - even slightly - I would genuinely like to know.

You can reach me at:

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