

THE RUSTIC COMPASS · FREE STARTER KIT

Find Your Direction

A short, honest worksheet for working out what you actually want next — and the first step towards it.

Find your direction.

therusticcompass.com · contact@therusticcompass.com

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Start here

This worksheet is deliberately short. Four scores, one thing you want, one step you will actually take.

It is one of five free sheets in the Compass Starter Kit.

How to use this workbook

- Do it in one sitting — twenty minutes, no research.
- Be honest in the scores; the page is private.
- Only write one first step, not five.
- Come back to it in three months and score again.

Type into it, or print it

Every box, line and tick box in this file is live — open it on a phone, tablet or computer and type straight in, then save your copy. Prefer pen and paper? Print it single-sided on plain US Letter and reprint any page as often as you like. The contents page links jump you to any worksheet.

What's inside

Tap or click any line below to jump straight to that worksheet.

1. Where you are now — Four scores and one sentence of truth.
2. What you actually want — Twelve months out, written plainly.
3. The first step — One action, one date, one way to notice it worked.

1. Where you are now

Score each part of life out of ten as it is today, not as you would like it to be. Nobody else sees this page.

Part of life	Score /10	What is working	What is not

Use the four Compass areas: money, work, home, and everyday life.

If I am honest, the thing I keep avoiding is

2. What you actually want

A year from now, I would like to be able to say...

What would have to be true for that

- ☐ A number in the bank
- ☐ A skill I do not have yet
- ☐ A conversation I have not had
- ☐ Less of something I am doing now
- ☐ Help from someone specific

In my own words

Smaller is better

A goal you can picture finishing beats an inspiring one you cannot start. Shrink it until the first step takes twenty minutes.

3. The first step

The step	By when	How I will know it is done

What usually stops me, and what I will do instead

Who I will tell

Tell one person the step and the date. It roughly doubles the odds and costs nothing.

Keep going

You have named where you are, what you want, and the one step in front of you. That is a direction.

Next steps

- Put your finished sheets somewhere you'll actually see them.
- Book one 20-minute review with yourself, same day each month.
- Join The Compass Letter at therusticcompass.com for a free resource each month.
- Questions or a broken link? Email contact@therusticcompass.com and we'll fix it.

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