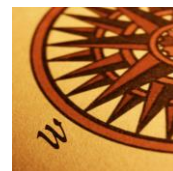


## The Activity Compass



On many view-points around the UK you will find directional compass plaques, providing information (distance to, and height of, if applicable) of the surrounding hills and points of interest. The photographs here are of the plaque at the top of Allermuir Hill, amongst the Pentland Hills, near Edinburgh, which provided the inspiration for me in devising this meditative process.

At any point on our own particular life-journey, when we are looking for direction or focus, it can be helpful to:

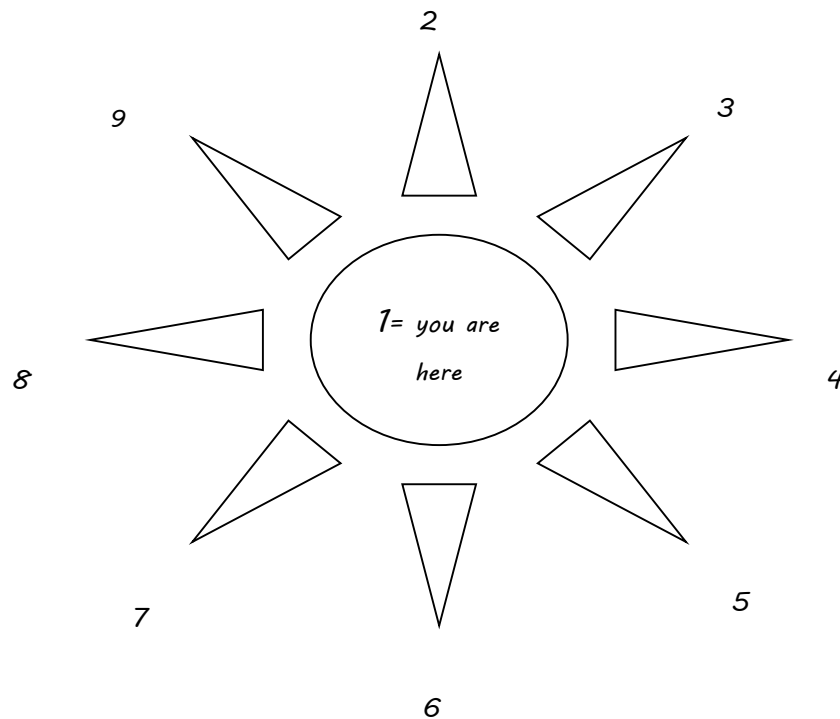
- pause,
- admire the view from where we are,
- assess our position in relation to our larger goals,
- mindfully choose our next step, and then
- carefully check the practicalities of our choice before committing ourselves.
- 

This consideration of all the options, and then conscious choice of direction, rather than simply drifting into the next thing to do, enables us to take control and obtain clarity for our way forward.

Think how you might utilise the above compass model in relation to a specific area of your life. You may find it helpful to jot down a list of all your possible options on the lined paper provided at the end of this hand-out.



## The Activity Compass



Consider how you might utilise the above compass model in relation to a specific area of your life. You may find it helpful to jot down a list of all your possible options.

**For example**, in relation to the question: “How should I direct my business related activities next?”

Consider each of your possible options in this area. Possible options for this example are listed below.

Assume position 1. is always your starting point.

2. Running corporate workshops
3. Offering individual coaching sessions
4. Collaborating with fellow trainers in their workshops
5. Networking
6. Learning new coaching techniques
7. Taking short-term contracts
8. Advertising options in relevant locations
9. Running open workshops from a central city location.



## The Activity Compass

- You can have as many “points of interest” as you wish on your compass, to reflect however many options you have to consider.
- Having listed all the current options open to you in this area, now consider each option fully, on your Activity Compass, in turn.
- Start by imagining that you are on a favourite hill-top in the centre of your Activity Compass. The sun is shining warmly and a pleasant, cool breeze is blowing. As you look around you can see each of your possible options spread out before you, as if written upon glass above the surrounding beautiful landscape.
- Consider each of your options individually. Take your time. Imagine all the required steps for each option and then your ultimate desired outcome for each.
- You may find it helpful to consider the following questions for each option:
  - Is there a deadline, or promises made, for completion?
  - Why has this not been completed already?
  - What will completing this task give me?
  - How will I, and others, feel when I have completed this?

### **Note:**

If you end up with two or three options that are difficult to choose between, write down the pros and cons for each option, and perhaps return to your hill-top activity compass again to consider only these final few options afresh. Which option is likely to give you the highest level of satisfaction upon completion?

- Having successfully prioritised your options, so that you now know which task to undertake next, consider the following:
  - What *specifically* do you wish to achieve and what is your first step towards achieving it? When will you take that first step?
  - Does this fit in with your broader plans and other commitments?
  - What is your timescale for completion?



## The Activity Compass

- Having chosen your next task and considered the wider practicalities, pause once more on your hill-top, in that safe, sunny place, to imagine the end of the task again. Close your eyes. Imagine what you will see, what you will hear and what you will feel. And perhaps also what you might smell or taste. Bask luxuriously in this sensation fully. Enjoy it as if the prize were already yours. And feel the satisfaction completion has delivered for you.

Note: At any time whilst you are working on your chosen option, if you feel your momentum starting to flag or waiver, revisit the above step. Revisit your hill-top haven and review your compass. Reinforce those positive feelings that completion of the chosen task will deliver for you. Remember all those positive thoughts that lead you to choose this current option. Your other tasks can be address in turn, but it is important to remain focused on each one until its completion. Concentrate and stay focused on the task you have chosen to work on for now.

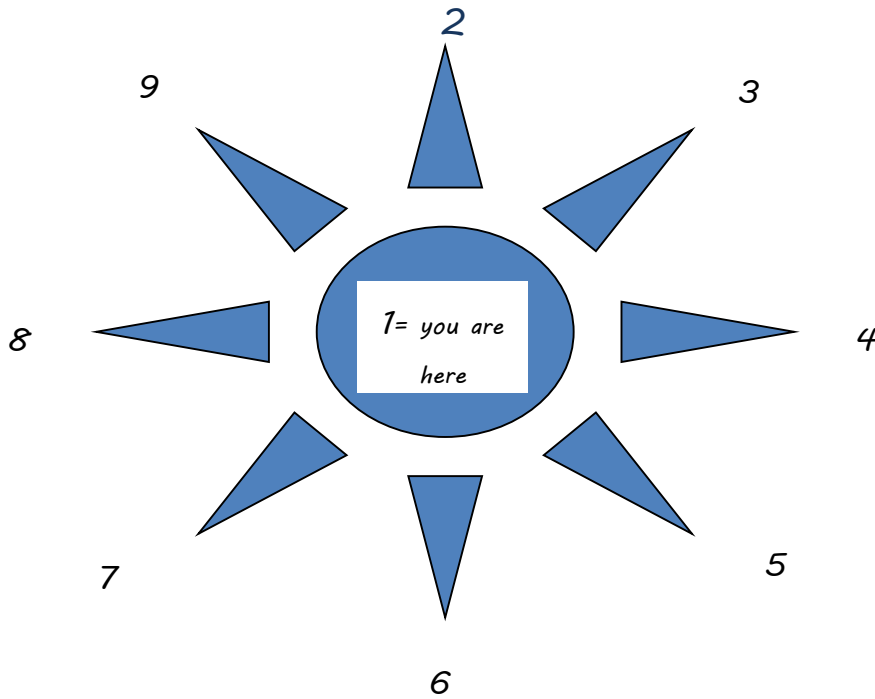
I have received great feedback from clients and colleagues for The Activity Compass. It is hugely effective in enabling consideration and comparison of options. It is infinitely flexible and can be adapted to use with teams and to allow the user to draw upon any positive environment which they find particularly inspirational.

If you would like assistance with your compass, contact Pam at 3RO ([info@3ro.co.uk](mailto:info@3ro.co.uk)) and I will be happy to help.

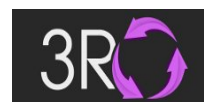
The key point to remember is that it is your own compass, and no one else's. Your compass can be as simple or as complex as you wish. You can have as many as you wish, for different areas of your life. Any option which is anything other than helpful can be removed or discarded, because everything is always within your own control.

*Enjoy!*

# The Activity Compass



Options:.....  
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# The Activity Compass

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