MY COMPASS TRACKER

30 DAYS OF COMING BACK TO MYSELF

This isn't about doing it perfectly. It's about noticing when you choose to return to yourself.

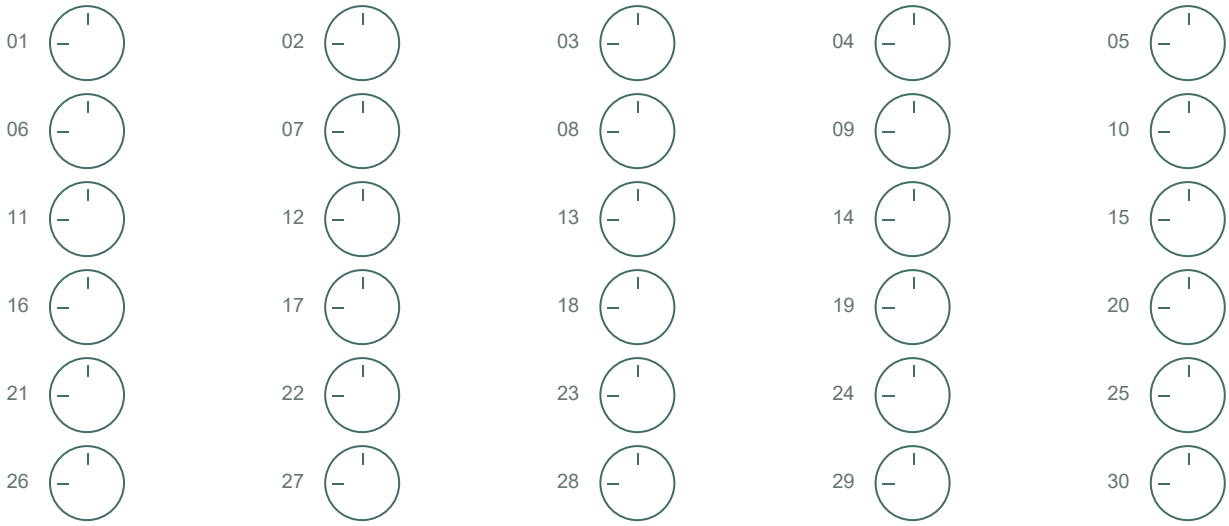
HOW TO USE YOUR COMPASS TRACKER

Each day you intentionally check in with yourself, mark that day. Complete your full Daily Compass, pause for a Compass Check, keep a promise to yourself, honor what you need, or make one choice from self-trust. Every return counts.

There is no perfect streak to maintain.
Miss a day? Come back tomorrow.

The practice isn't never losing yourself. The practice is learning how to return.

30 DAYS OF RETURNING TO ME



WHAT I'M NOTICING

The practices that bring me back to myself most are:

I'm beginning to trust myself more when:

One thing I've learned about what I need:

Something I'm proud of:

One way I've stopped abandoning myself:

30 days ago, you didn't need to become someone new.
You simply began practicing coming home to who you already are.
KEEP GOING. YOU ARE YOUR OWN COMPASS.