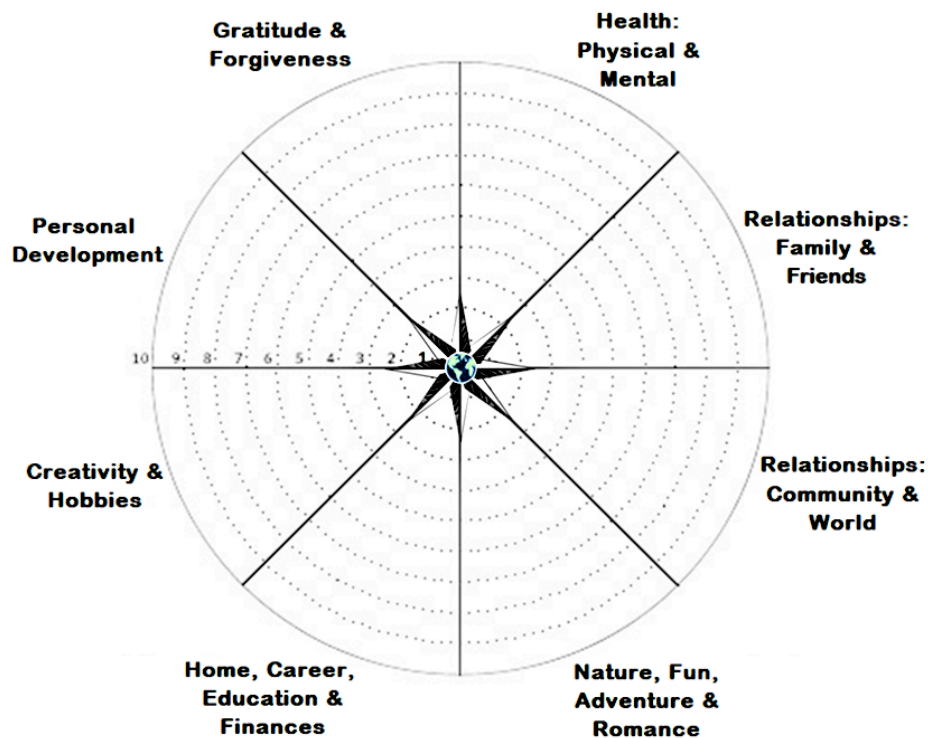


The Life Compass Worksheet



Answer the following questions very carefully:

1. What do you feel about this compass?

2. Which direction you want to steer your life towards

3. Any obstacles you faced during the process

4. Which actions do you want to take

References

[Dahl, J., Plumb, J. C., Lundgren, T., Stewart, I. \(2009\). *The Art & Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Therapy*. United States: New Harbinger Publications.](#)

[Harris, R. \(2009\). *ACT Made Simple: An Easy-to-read Primer on Acceptance and Commitment Therapy*. United States: New Harbinger Publications.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.