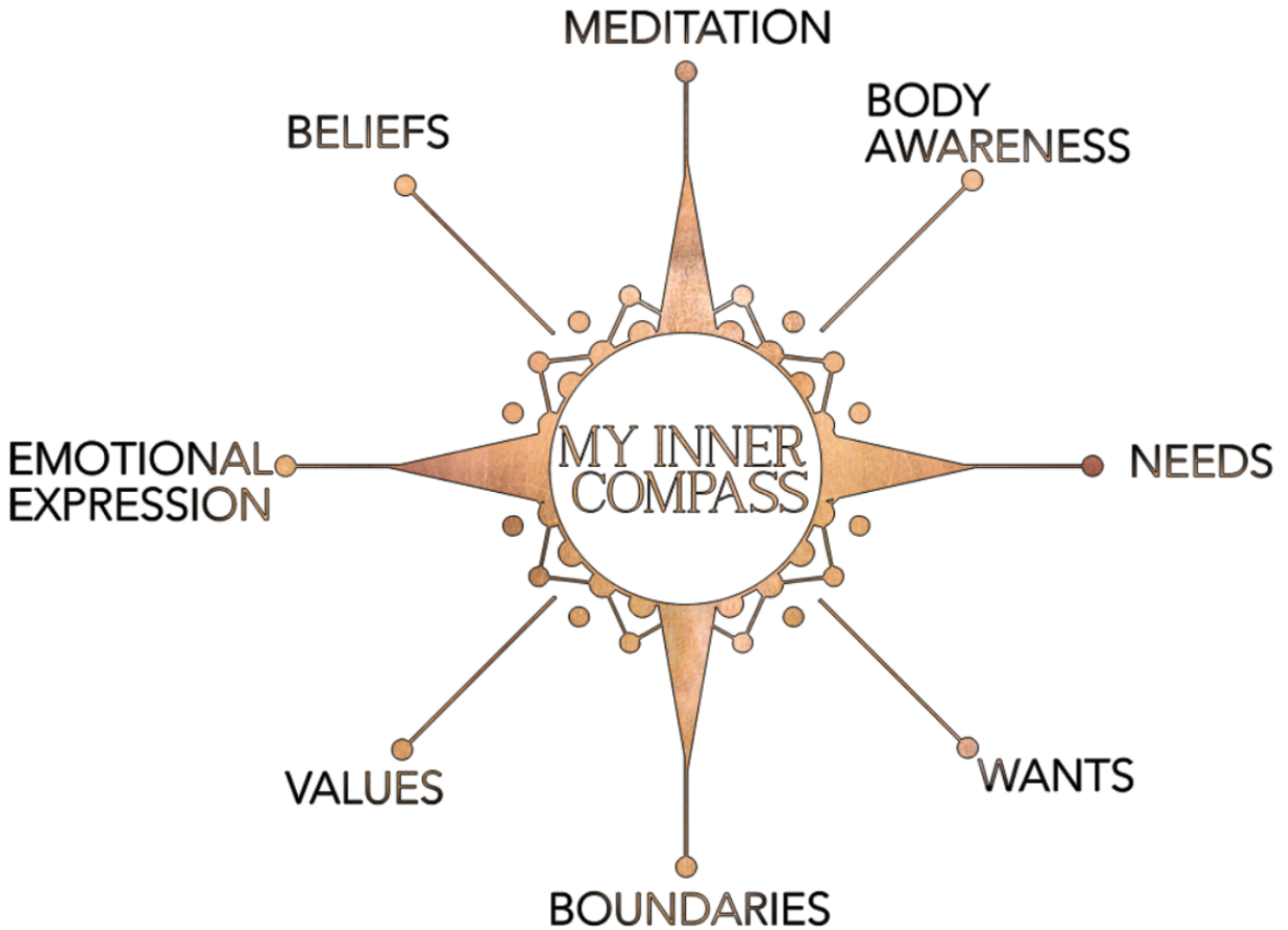


My Inner Compass is a journey of creating an honest and authentic relationship with yourself. So that ultimately, you come home to your own centre, as a resource to wisdom, honesty, and dignity



## ***My Inner Compass***

Beliefs  
Meditation  
Body Awareness  
Needs  
Wants  
Boundaries  
Values  
Emotional Expression

## ***Modules***

I People Please  
I Avoid Conflict  
I Fear Criticism and not Being Liked  
I Don't Know What I Need  
I am Obedient and Follow the Rules  
I Find it Hard to Say No  
I Make Decisions Based on Others  
I am Afraid To Speak Up