



FINDING YOUR OWN PATH

A Worksheet to Navigate Uncertainty & Release Comparison

1. Defining Your Core Values

Circle or highlight your top 2: Authenticity, Adventure, Balance, Bravery, Compassion, Community, Creativity, Curiosity, Discipline, Empathy, Excellence, Freedom, Fairness, Faith, Growth, Gratitude, Honesty, Humility, Independence, Inner Peace, Integrity, Justice, Kindness, Knowledge, Leadership, Loyalty, Meaningful Work, Openness, Optimism, Patience, Respect, Responsibility, Security, Self-Respect, Service, Stability, Success, Trust, Wisdom, Wealth.

Value 1: _____ Value 2: _____

How are you living one of these today, even without a fixed career plan?

2. Your Support Circle Identify three people you can talk to when you feel overwhelmed:

- The Listener (Someone to vent to): _____
- The Perspective-Shifter (Someone for advice): _____
- The Fellow Explorer (Someone in the same boat): _____

3. New interests to Explore

The Interest	How I will explore it



4. Self-Compassion Notes

Self-Compassion has three parts: Self-Kindness, Common Humanity (recognizing everyone struggles), and Mindfulness.

- Self-Kindness: Stop the inner critic. Use gentle language.
- Common Humanity: Remember that you are not alone in your uncertainty.
- Mindfulness: Acknowledge the pain or stress without letting it define you.

Combine these three elements into a personalized "script" or mantra that you can use when you feel overwhelmed.

My Compassion Mantra: _____