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**SET YOUR COMPASS WORKSHEET**

Setting your compass is about getting clear on your intended destination. This is the domain of your commitment and what better future you might want. You will likely have multiple commitments, some will even be competing wants (i.e. I want them to know they can’t speak to me this way, but I also want to keep the relationship). Understanding these is important for knowing how to plan a hard conversation.

1. What do you want from this conversation? What better outcome are you after?
2. What is a deeper thing you might want?
3. What else might you want that could be competing with or at odds with your stated wants?