

Resources for Living®

Finding direction by looking within



Have you ever felt lost? Unsure of your next step? Ever wondered about your purpose or meaning in life?

These are questions most of us deal with from time to time. Life isn't a clear path. It's got many twists and turns. There are obstacles and opportunities.

Finding direction when you feel lost

"The road from 'here' to 'there' is a map yet to be written with the pen I hold in my hand."¹ This quote gives an important clue about where to look for your direction: Within yourself. So how do you begin?

Trust your inner compass

Each of us is born with an inner compass or, in more modern terms, a personal GPS system. It's that little voice or gut feeling that tells you what seems right or wrong for you. It's the most genuine and trustworthy tool for mapping your way in life.

You can find your inner compass by tuning in to your feelings and sensations. What choices make you feel peaceful and happy? What decisions make you excited and joyous? What paths — even if they're a bit scary — feel like they might be just right? These are all expressions of your inner compass.

Tips for getting on your way

Tuning into your inner compass can help you find direction. And here are some additional tips to keep in mind:

- **Don't overthink.** "Look before you leap" is good advice. But you can spend too much time and energy thinking and re-thinking when it's really time to take the "leap." Over-analyzing can paralyze you and keep you from making any moves at all.
- **Stop making excuses.** "I'm not happy where I live, but I can't move until..." "My job is frustrating, but I can't look for a new one yet because..." One can always find excuses to wait, but why put your happiness on hold?
- **Take action.** Almost any action is better than none. Even if you go in a direction that turns out to be wrong for you, it's still a start. And once you begin, you can identify or eliminate options. You'll learn more and more about your wishes and goals as you go along.
- **Stop trying to find the one thing in life you were meant to do.** Many people focus on finding their single true passion or calling. Yet most of us find more than one compelling cause during our lifetimes. Open yourself to new pursuits to enjoy more meaning and pleasure.

Ready to set out on your next adventure? With your inner compass as your guide and the steps above to help, you're ready to start 2017 with confidence and drive.

¹www.goodreads.com. Accessed 12/2/16.

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