UPRAWR MENTAL HEALTH FOUNDATION

The Life Compass

Identifying your values

Each section represents a part of your world that matters. Reflect on how things are going in each one—what feels strong, what needs attention, and what you'd like to improve. This tool is here to help you gain clarity and feel more balanced.

WORK /CAREER	INTIMATE RELATIONSHIPS

RECREATION /LEISURE	PARENTING

COMMUNITY LIFE/ ENVIRONMENT /NATURE	PERSONAL GROWTH/ EDUCATION/ LEARNING

SPIRITUALITY	FRIENDS/ SOCIAL LIFE

FAMILY OF ORIGIN	HEALTH/ PHYSICAL SELF-CARE