

THE SIXTH COMPASS GUIDE

A gentle framework for motion that doesn't burn you out.

A rhythm for becoming when the world is rushing.



What is the Compass?

Sometimes growth isn't blocked. It's mis-paced.

Most systems fixate on output: *do more, post more, produce more*. The Sixth Compass does the opposite. It centers the inner direction — the one that pulls you back to yourself before you move again.

The Idea:

- Every season of your life lives somewhere on the compass.
- You don't "level up" once — you cycle.
- There is no wrong phase.
- And at the center of every direction is **belonging**.

Why it matters:

When you know where you are, you stop punishing yourself for not being somewhere else.

The Sixth Compass™ is a map of your human experience.

It invites you to pause and reflect, giving you permission to exist exactly as you are, without the pressure to become anything else before you are ready. This is not about fixing or "improving" — it's about navigating your truth. In this space, there's no race, no destination, just the quiet unfolding of who you are right now, and that is enough.

Turn the page to begin The Sixth Compass guide →

The Map

Visual Instructions:

Draw or insert a circle.

Inside, place five spokes:

1. **REST** (top)
2. **REFLECT** (upper-right)
3. **REFINE** (lower-right)
4. **REALIGN** (lower-left)
5. **RISE** (upper-left)

At the center: **BELONG**

Caption beneath chart:

Motion without belonging becomes wandering.

Belonging without motion becomes pause without purpose.

The Sixth Compass holds both.



Phase 1 — REST

The generative pause.

What it is:

The nervous system reset. It looks like stillness, but it's repair. Rest is where your body, mind, and spirit agree to breathe at the same time.

Feels like:

- "I can't keep pushing like this."
- Needing silence, slow mornings, no expectations.
- Staring out a window doing "nothing."

Truth:

Rest is not laziness. It's maintenance.

Use rest when:

- You're post-launch, post-crisis, or post-caregiving
- Your creativity feels dry
- Your body is louder than your to-do list

Prompts:

1. Where is my body saying "not yet"?

◦ _____

2. What would 10% more gentleness look like today?

◦ _____

3. What am I afraid will happen if I slow down?

◦ _____

Phase 2 — REFLECT

Awareness without accusation.

What it is:

You look backward to see forward. You name the pattern not to judge it, but to free it.

Feels like:

- Journaling
- Debriefing a launch
- Sorting screenshots, notes, or voice memos

Truth:

Reflection is where meaning forms.

Use reflect when:

- You keep repeating something you don't like
- You can't tell if you're tired or disoriented
- You want to burn it all down but don't know why

Prompts:

1. What actually worked that I haven't celebrated?

◦ _____

2. What drained me more than it should have?

◦ _____

3. What story am I telling myself about this season?

◦ _____

Phase 3 — REFINE

Practice over perfection.

What it is:

You shape what's already there. No reinvention. No fresh overhaul. Just small, conscious adjustments that make the work truer.

Feels like:

- Editing, revising, tightening
- Cleaning up a product page
- Re-recording something with more clarity

Truth:

Refinement is self-respect. It says, "This mattered enough to improve."

Use refine when:

- You know what the thing is, but it's not quite right
- You're tempted to rebrand instead of adjust
- You're ready to ship, but not ready to regret

Prompts:

1. What is the simplest way this could work?

◦ _____

2. What do I keep overcomplicating?

◦ _____

3. What is already good enough?

◦ _____

Phase 4 — REALIGN

Return to what matters.

What it is:

The gentle pivot. You notice the path you're on no longer matches the person you're becoming.

Feels like:

- “Something’s off.”
- “This isn’t me anymore.”
- Letting go of strategies that used to work.

Truth:

Realignment is wisdom, not failure.

Use realign when:

- You’ve outgrown an audience, offer, or cadence
- Your body says no while your calendar says yes
- You want to keep serving, but differently

Prompts

1. What am I doing out of obligation, not alignment?

◦ _____

2. Which version of me is this work serving?

◦ _____

3. If I were allowed to change today, what would I change?

◦ _____

Phase 5 — RISE

Transformation in motion.

What it is:

The expression phase. You launch, share, teach, publish, or post — from fullness, not proving.

Feels like:

- “I’m ready.”
- Clarity, confidence, lightness
- Showing up without overexplaining

Truth:

Rising isn’t louder. It’s clearer.

Use rise when:

- You’ve cycled through Rest → Reflect → Refine → Realign
- You have a message, offer, or book ready
- You want to invite people in

Prompts:

1. Who needs this right now?

◦ _____

2. How can I release this without overworking?

◦ _____

3. What would rising look like if it felt like belonging?

◦ _____

The Center — BELONG

The still point between motion and mercy.

What it is:

This is why it's called The Sixth Compass — because the final direction points inward.

Belonging is:

- Not earned
- Not removed when you slow down
- Not tied to output or performance
- The anchor that makes every other phase safe

When you move from belonging:

- Rest feels **safe**
- Reflection isn't **self-criticism**
- Refinement isn't **perfectionism**
- Realignment isn't **shame**
- Rising isn't **performance**

Prompt:

If I believed I belonged here — in this work, in this story, in this body — what would I stop apologizing for?

The Sixth Compass

A gentle rhythm for when life asks you to move slowly.



Here's how to use it:

- 1. Locate yourself.** Settle for a moment. Notice what you're feeling right now. Not what you "should" be feeling—what's actually true. Which phase description resonates most?
- 2. Normalize it.** Whatever phase you're in is the right phase. Rest isn't failure. Reflect isn't overthinking. You're exactly where you need to be. Language removes panic. Naming creates direction.
- 3. Choose one small practice.** On the next page, you'll find specific actions for each phase. Pick one—just one—that feels possible right now. Even the smallest practice creates motion.
- 4. Trust the cycle.** You might be in Rest today and Rise tomorrow. You might spend three weeks in Realign. There's no timeline here. The compass adjusts to you, not the other way around.

Remember: You don't have to do all five phases to "complete" anything. You're not climbing a ladder. You're navigating your life, and navigation means adjusting course as often as you need to.

Turn the page for your practical compass guide →

Cycle, don't climb.
Returning to Rest is natural. It is not failure.

The Sixth Compass: Practice

Find yourself on the compass. Choose one practice. That's enough.

LOCATE YOURSELF



NORMALIZE IT.

Say: *"Nothing's wrong.
I'm in Reflect."*

CHOOSE ONE SMALL PRACTICE

The compass has five phases. You might be in any of them right now.
Notice which one feels true, then choose one small practice from that phase."

Phase	Purpose	How
<i>Rest</i>	Ease the nervous system so you can locate yourself	Your rest might look like: stillness, breath, water, stepping away from screens, lying on the floor, or staring out a window. Choose one small, controllable thing that helps your body settle. Even 60 seconds is enough.
<i>Reflect</i>	Notice what's true without judgment.	Your reflection might look like: journaling one thought, asking yourself "what's actually happening right now?", noticing what you're avoiding, or naming one feeling out loud. Choose one way to create awareness without trying to fix anything yet.
<i>Refine</i>	Small edits that improve clarity.	Your refinement might look like: rewriting one sentence, clearing one surface, adjusting one boundary, or reframing one thought into something more neutral. Choose one thing to make slightly clearer or truer.
<i>Realign</i>	Reconnect to values, boundaries, and truth.	Your realignment might look like: setting one small boundary, letting go of one obligation, moving your body in a way that feels natural, or asking "does this choice match who I'm becoming?" Choose one way to honor what's true for you right now.
<i>Rise</i>	Forward momentum without urgency.	Your rise might look like: celebrating one small win, sharing one piece of completed work, taking one next step, or choosing the imperfect-but-ready version instead of waiting. Choose one way to move forward from fullness, not proving.

You don't need to do everything.
Choose one practice that feels possible right now—even the smallest one. Especially the smallest one.

COMPASS NOTES - WEEKLY REFLECTION

A weekly space to notice what your inner compass is showing you.

Where am I right now?

What is rising in me?

(Feelings, sensations, thoughts, resistance, longing.)

What feels heavy? What feels light?

Heavy:

Light:

Which phase am I in?

Select the one that fits best:

◻ Rest ◻ Reflect ◻ Refine. ◻ Realign ◻ Rise

What is the smallest practice I can choose?

A reminder:

You're not behind. You're locating yourself.

COMPASS NOTES - DAILY REFLECTION

A daily space to notice what your inner compass is showing you.

DAILY COMPASS

A simple daily rhythm for clarity and direction.

1. Locate

What is your current state?

2. Normalize

Write or say the grounding phrase:

“ _____ . I'm in _____ .”

3. Choose Your Phase

Select the one that fits best:

▫ Rest ▫ Reflect ▫ Refine. ▫ Realign ▫ Rise

4. Choose One Small Practice

5. Notes from the Day

(What shifted? What softened? What moved?)

The Rhythm

Cycle, don't climb. Returning to Rest is part of the work.

Keep Going

You now have everything you need to use the Sixth Compass. Print the practice pages. Use them. Return to them.

And if you want to go deeper:

Join *Arcadian Notes* (our free newsletter) to receive:

- Monthly compass reflections
- Stories from others using the framework
- Seasonal guidance for different phases
- First access to new essays and book excerpts

Arcadian Notes → Emeridian.EmeraldArcadia.com

The compass is just the beginning of the conversation.

This is a personal philosophy, and I'm honored to share it with you.

