

WHO DO YOU
DARE TO BE?



THE ARC

Navigation for Starters

Issued by: The Arc Crew



The Inner Confusion Prevention and Complexity Reduction Compass

(ICPCRC 😊)¹

Based on a model by Daniel Sá Nogueira.

The idea of the Compass

.. is to depict, to structure and visualise the diversity of our needs, values, beliefs and emotions in a simple way. For those who are into coaching (and our needs analysis which you guys kindly filled in told us that you are *twink*): We use the Compass to map our coaching needs. It's a tool that shows us what we should focus on improving in our current life in order to be significantly more happy.

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The Compass is used in different ways, and we know there are alterations of the method. In fact there are also alterations of the models itself, but let's don't get too complicated here. So this is just to let you know that the way we use it is not the one and only correct way. There are maaany applications that might be equally right, handy and awesome. This is just how WE do it.

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(we hope this is enough as a semi-professional, improvised, juridically unbacked disclaimer)

¹ Yes, this totally ridiculous abbreviation is just a joke.

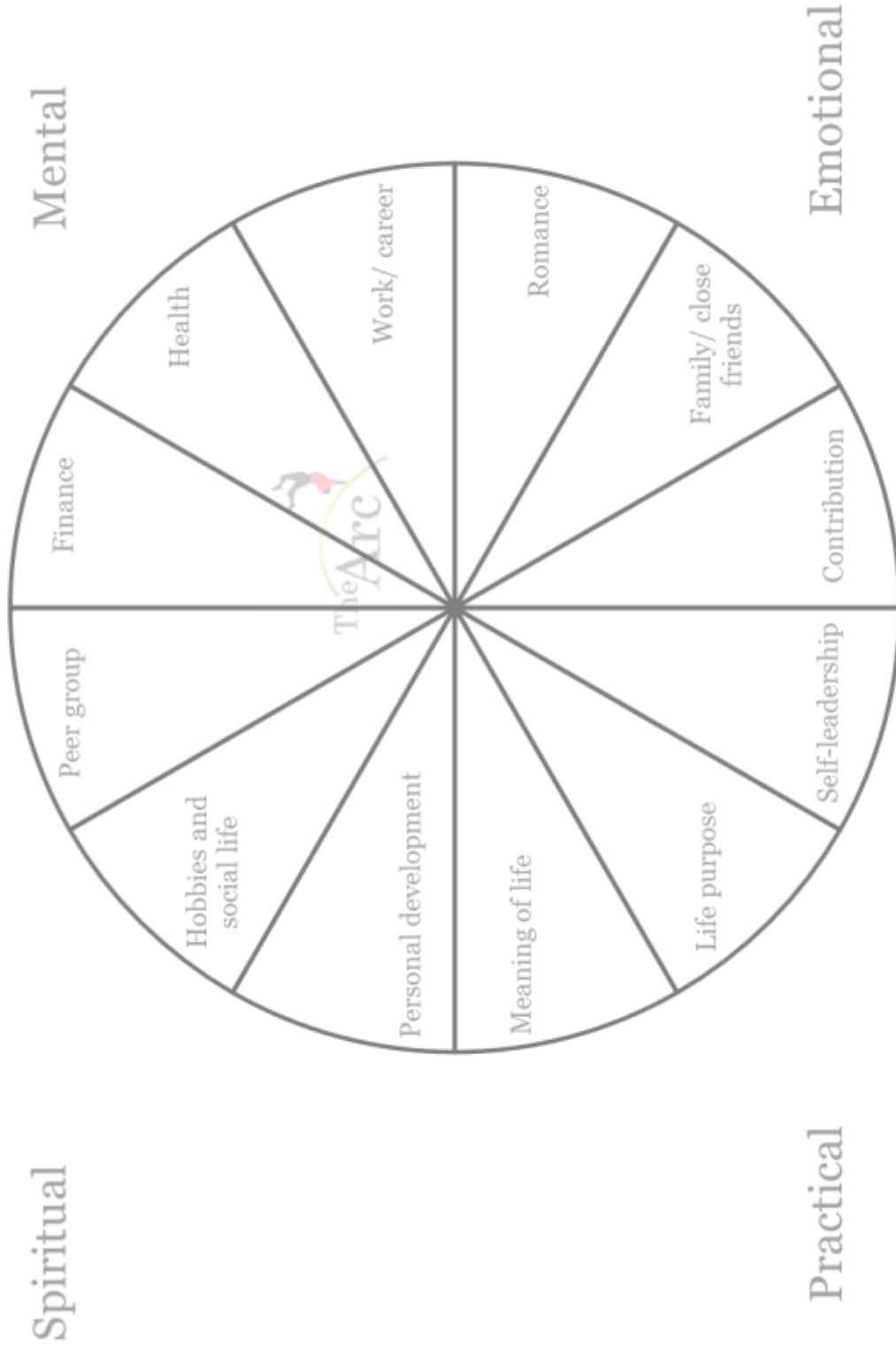
Alright, let's start!

1. Look at the Compass on the following page. Every section stands for a different area in your life. Have a quick read through on what each section means (see end of the document).
2. Print off the sheet with the Compass. Imagine a scale from 0 to 10 where 0 starts in the middle and 10 is at the very edge of the Compass (see green numbers in picture below).
3. Ask yourself the question: "How satisfied am I with each individual section on a scale from 0 to 10?" If you are unsatisfied maybe it's just a 1 or 2. If you are very satisfied, maybe it's an 8, 9 or even a 10.
4. Take a pen and colour your sections! If you are very satisfied with one particular section, colour it all the way to the outside (10 out of 10). If you are unsatisfied, do not colour it at all (0 out of 10) or just a bit (1 or 2 out of 10). An example is depicted below. The person for instance who filled in the Compass below - let's call him Mike - was very satisfied with his peer group, but kinda unsatisfied with his personal development.
5. Now ask yourself: "If there was one section that - if only improved a little bit - would have the biggest positive effect on all other sections: Which section would that be?"
Remember this section as your *section of direction in the ocean of emotion* 😊 Put the Compass needle on it! Mike's section of direction for instance is "Health".
6. As a final step ask yourself: "Which section do I want coaching on? And why?"





My Inner Compass



Based on Daniel Sá Nogueira



The meanings of the sections

Practical	How satisfied are you with...
Finance	... money issues?
Health	... your physical and psychological health? Do you do sports? Do you eat healthily? Do you live a healthy lifestyle in general?
Work/ career	... what you do for work right now? How satisfied are you with the perspectives your job/ career offers to you?
Emotional	How satisfied are you with...
Romance	...your love life? How much romance is there in your life?
Family/ friends	... the relationship you have with your family and your close friends? Do you feel connected?
Contribution	... the level at which you contribute so something? Be it family, a product, a group, the environment – are you happy with the degree to which you give?
Mental	How satisfied are you with...
Personal development	... the level at which you grow personally and at which you break boundaries?
Hobbies and social life	... the amount and quality of time you have for your hobbies and social life?
Peer group	... your peer group? Do you dispose of a group of people or a single person who is pushing you, who supports you, who makes you aim high?
Spiritual	How satisfied are you with...
Self-leadership	... the degree to which you lead yourself, set goals and achieve them?
Life purpose	... the degree to which you live your life purpose? Do you feel you get closer to what your mission on this earth is? Do you spend enough time doing what gets you into flow? To what extent to you live your values?
Meaning of life	... what the meaning of life is? Do you feel happy with what life is about in general? Are you happy with the bigger purpose for why we are here? And for hardliners: Do you have a relaxed relationship with the universe?

The end. Good luck.

