



BEFORE YOU CLIMB: Your Inner Compass

A worksheet for finding YOUR path before setting your next goal

Why This Matters

Most goals fail. Not because you lack discipline - but because they were never yours to begin with.

Somewhere along the way, you absorbed a definition of success that was not your own. Parents, culture, comparison, corporate ladders, the house you are "supposed to" buy, the timeline you are "supposed to" follow... they handed you goals disguised as ambition. You climbed brilliantly. But toward someone else's summit. This is the **Success Trap**.

What This Worksheet Does

These questions help you excavate what actually matters to YOU - before it gets buried under expectations, "shoulds," and other people's definitions of success. Your answers become your **Inner Compass**: a filter for every goal you set from here.

How to Approach This

Find 15-20 uninterrupted minutes. There are no right answers - only honest ones. Write what comes up, not what sounds good. If you get stuck, that's data too.

1 What made you come alive before success told you what to want?

2 When do you feel most like yourself - not your title, not your roles, not who others expect you to be?

3 What would you pursue if no one would ever know you did it?

4 When does your energy expand vs. contract? (Name one example of each)

Before you turn the page: look at your answers. What patterns do you notice?





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Your Inner Compass

Based on your answers: what 3-5 words capture what actually matters to YOU?

These are your filter. Goals that align = yours. Goals that don't = inherited.

Imagine setting a goal that makes your chest open instead of tighten. That's what alignment feels like.

How to Use Your Inner Compass

These aren't just words. They're a decision-making filter.

Before setting any goal, ask:

- Does this align with my compass, or someone else's expectations?
- Does my energy expand or contract when I imagine pursuing this?
- Would I want this if no one ever knew I achieved it?

Use it when:

- You're planning the year, quarter, or next chapter
- You're weighing a major life decision - a move, a purchase, a relationship shift
- An opportunity sounds impressive but feels heavy
- You're about to say yes out of obligation
- Something looks like success but feels like a cage

Watch for These Signals

Chest tightens when you think about a goal → probably inherited

Energy expands, curiosity rises → probably yours

You keep justifying it to yourself → ask whose voice that is

Revisit your compass quarterly, or whenever a decision feels heavy.

Before you climb, know your summit.

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