

# READING YOUR LIFE COMPASS



MOVEMENT SKILLS FOR LIFE

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**ZONE #3**

**PLAY BOOK**

# YOUR LIFE COMPASS

**TO MOVE TOWARD THE CHAMPION ZONE YOU WILL NEED  
GOOD CHARACTER. YOUR LIFE COMPASS WILL HELP  
POINT THE WAY!**



Your CHARACTER is who you are on the inside. Character will determine your actions and life skills.

Action and life skills are what everyone will see, but it is your character that determines whether the behavior is right or wrong.

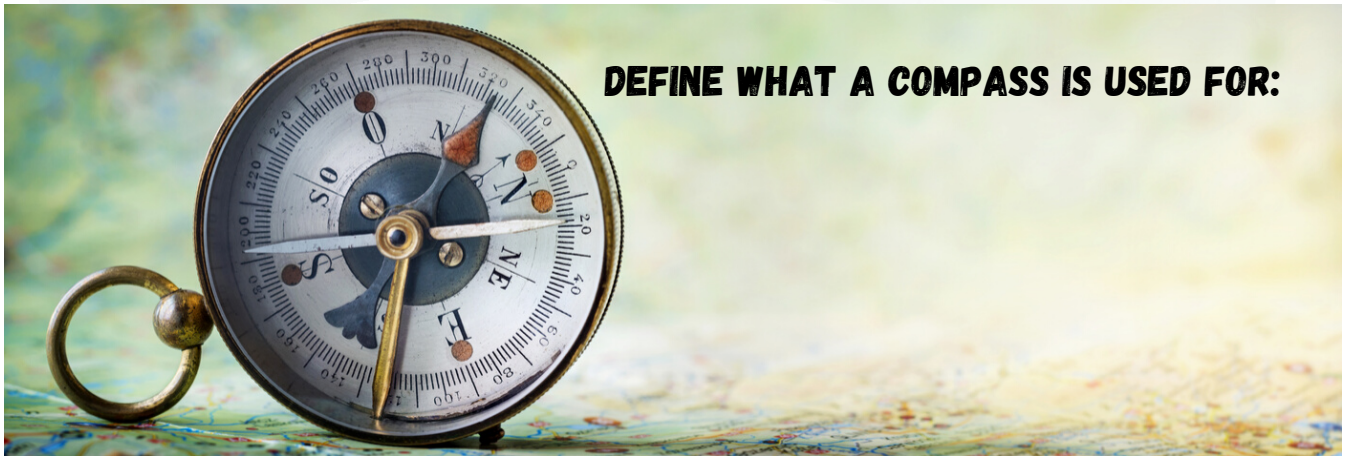
## **CHAMPION ZONE PRINCIPLE:**

**Your Life Compass is Very Closely  
Related to Your Conscience**





# List 5 Things That You Know Are:



## DEFINE WHAT A COMPASS IS USED FOR:

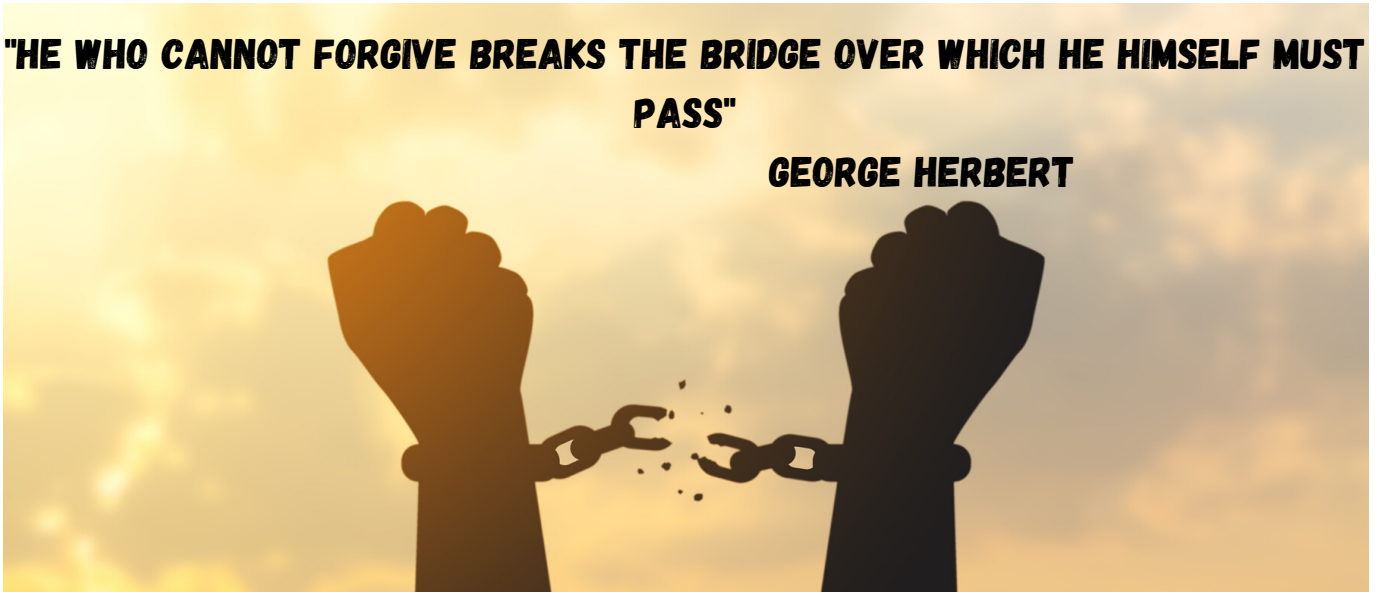
The Life Compass is internal. It is a built in mechanism that tells you what is right and what is wrong. The term life compass refers to the tools you use to keep you on the proper path so that you may arrive at your designated goal. **A proper life compass should consist of good moral character, heartfelt sense of right and wrong, and a conscience that guides your decision making.**

**Following are 6 important aspects of your LIFE COMPASS.**

# 1. FORGIVENESS

**"HE WHO CANNOT FORGIVE BREAKS THE BRIDGE OVER WHICH HE HIMSELF MUST PASS"**

**GEORGE HERBERT**



Forgiveness does not mean that we condone or excuse what was done to us.

Forgiveness means we release, break the chains, and no longer have bitterness, anger, or even hate toward the person or group that did something wrong to us.

True healing can come through practicing this most powerful virtue. When we forgive someone else we let go of anger and resentment. By forgiving we choose to live in the present and not the past. When we forgive ourselves we let go of guilt, shame and hopelessness.

It is not to be used as a bargaining chip to get others to make amends to us.

Rather it is a way of cleansing our spirit and making us whole again. Can you think of something that happened to you recently which would have or did require you to forgive?

Write a paragraph about it.



## 2. AUTHENTICITY

**"TO BE YOURSELF IS A DUTY YOU OWE YOURSELF.**

**TO BE ANYTHING ELSE IS TO LIVE A LIE."**

**UNKNOWN**

Authenticity refers to a sense of being true to one's own personality spirit, or character. In today's world it means "keeping it real" and not trying to be someone else.

How do you feel about those people who act phony or unauthentic?

What bothers you about how they act?



**TRY TO PUT YOUR FEELINGS DOWN IN A SHORT PARAGRAPH**

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# 3. SERVICE



**"IF EVERY AMERICAN DONATED 5 HOURS A WEEK, IT WOULD EQUAL THE LABOR OF 20 MILLION FULL-TIME VOLUNTEERS"**

**WHOOPI GOLDBERG**

The ideas of service needs to be engrained in us at a young age to combat the current it's "ALL OR ME" thinking of today's world. There is a need to understand that service to others is the rent that we pay for being with others and not just something we might do in our spare time.

Community service is the cornerstone of democratic citizenship. It is an obligation for those who would benefit from the opportunities for the success this country offers.

In the words of John F. Kennedy, "Ask not what your country can do for you, but what can you do for your country".

Have you ever heard the phrase, "THE JOY IS IN THE GIVING"? This is what service is. It involves placing the needs of others before your own and giving of your time and energy to help those in need.

Can you think of some ways you could be of service to your school, church or community? Write down some ideas you might have for offering your services.

3 Ways I Can Serve:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## 4. TRUTH

### "TRUTH IS HEAVY, SO FEW MEN CARRY IT"

FOLK SAYING

**TRUTH CAN BE DEFINED AS WHAT IS RIGHT!**

It is important to know the difference between what is true and what is false. Truth is sometimes painful. It can be the more difficult route to take. It can make decision making more difficult. Truth is the better path to take because of the reward it offers at the end of your journey.

Mark Twain, a famous author, once said, "TELL THE TRUTH AND YOU WON'T HAVE TO REMEMBER ANYTHING!". Always tell the truth and learn to deal honestly with people. There will be times when it is better to wait until you are along with someone to share the truth with them.

WHAT IS THE MOST IMPORTANT TRUTH IN YOUR LIFE? \_\_\_\_\_

We've all told a lie, but to live a lifestyle of lying will only lead to pain and trouble.



## CHAMPION ZONE PRINCIPLE:

**Your Motives Should Be Based On  
the Truth, Not Your Feelings**



# 5. EXCELLENCE

**"EXCELLENCE IS DOING ORDINARY THINGS EXTRAORDINARILY WELL."**

**JOHN W. GARDNER**



Excellence is an art won by training and developing good habits. As George Elliot said, "WE ARE WHAT WE REPEATEDLY DO". All the way back to Aristotel it was seen that the virtue of excellence comes out of the habit continuously doing the little things right.

Strive for perfection. You will fall short, but you will be well beyond ordinary. Never let fear of failure keep you from pursuing your goal as you travel down life's highway. Anything worth doing is worth doing right. Never settle for half measures! Think about some things you have done recently that you might have done better at.

Take a minute and write down what you did and how you might have done a better job.

Things I've Done that I Could Have ELEVATED and Done Better:

1. \_\_\_\_\_

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2.

\_\_\_\_\_

3.



# 6. REWARD

**"ONE MIGHT THINK THAT THE MONEY VALUE OF AN INVENTION  
CONSTITUTES THE REWARD TO THE MAN THAT LOVES HIS WORK. BUT I ...  
CONTINUE TO FIND MY GREATEST PLEASURE, AND SO MY REWARD, IN THE  
WORK THAT PRECEDES WHAT THE WORLD CALLS SUCCESS".**

**THOMAS EDISON**

Reward is that sense of pride and satisfaction you get from a job well done. We all seek approval and praise and it is a positive motivator for wanting to excel.

Reward is not just found in money and material things but also in knowing you have done your best. Think about something you have done lately that you were truly proud of.



Write a Short Description of How It Made You Feel.

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# CHAMPIONS VOICE TO ELEVATE2GREAT

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

VINCE LOMBARDI

"Learn from yesterday, live for today, hope for tomorrow."

ANONYMOUS

"Life consists not in holding good cards but in playing those you hold well."

JOSH BILLINGS

"The purpose of life is a life of purpose"

ROBERT BYRNE

"Only a life lived for others is a life worthwhile."

ALBERT EINSTEIN





# NOTES