

The Fierce Intention Compass™

A simple way to get clear, choose what matters, and take one step forward at a time

Start exactly where you are

WELCOME

You don't need to overhaul your whole life.

Transformation doesn't come from more information. It comes from honest reflection, grounded action, and the step you choose to take next.

Finding a way to feel clearer today is a magnificent start.

When everything feels important, it's easy to end up reacting, overthinking, and sinking under the weight of overwhelm. This tool gives you a point of direction.

Start where you are. That's enough.

THE REALITY

When everything feels important, nothing gets your full attention.

You might recognise this.

Overthinking

You're turning decisions over and over, unable to land anywhere that feels right.

Reacting

You're responding to what's in front of you rather than choosing what matters.

Overcarrying

You're holding more than is yours to hold, and you know it.

Busy but unclear

There's plenty of activity. Not much clarity.

- You're not broken. You're responding to a lot. But without direction, it's easy to stay stuck in the noise and weeds of life. This is where clarity begins.

THE COMPASS

This is a reset point.

Four simple steps. That's it. You don't need a complicated system — you need something you'll actually use.

01

Notice

What's actually going on right now? Not the story in your head — the reality.

03

Select

What is one step that would move this forward?

02

Engage

What do I need? What matters most?

04

Weave

What worked? What do I want to take forward?

Transformation doesn't happen in one big leap. It's built through small — sometimes tiny — consistent actions.

HOW TO USE IT

Use this at the start of your day.

Or reach for it whenever you need a point of direction. There's no right time — only the moment you decide to pause.

Reach for this when...

- Your head feels busy and won't quiet down
- Everything feels urgent at once
- You're about to avoid something you know matters
- You need to make a decision and feel stuck

You don't need more time.

You need direction. This takes five minutes. Some days, two minutes will be enough. The point isn't perfection — it's showing up for yourself and choosing one thing to move toward.

Keep it close. Use it often. Let it become a quiet anchor in your day.

REFLECTION

Today's Compass

Take a breath. Slow down for a moment. Work through these four areas in any order that feels right. There are no wrong answers — only honest ones.

↑ Notice

What's actually going on right now?

Pause here and notice what's true for you — not what you think should be true, not what you're telling yourself. Just what's real.

→ Engage

What do I need? What matters?

Write what feels important here — not what you think you should need, but what genuinely does.

↓ Select

What is one step that would move this forward?

Keep it simple. One step is enough. Resist the urge to list five things. Just one for now.

← Weave

What worked? What will I take forward?

Write a few honest words before you move on. This is where integration happens.

CLOSING

Start with one step.

You don't need to do everything. You don't need a perfect plan. Direction is what matters.

This is how things begin to shift — quietly, consistently.

Not through a dramatic overhaul. Not through willpower or a productivity system. Through honest reflection, repeated often enough to become a habit. Through choosing one small step, again and again, until the direction becomes clear.

That's what the Compass is for. Keep coming back to it.

- If you want support applying this to your life, you can explore working with me. Sometimes the most powerful thing is having someone else hold the clarity while you do the work.

DESIGN PHILOSOPHY

Built to feel like relief, not more work.

Every choice in this tool — the layout, the language, the space — was made with one intention: to make it easier for you to think clearly, not harder.



Simple language

Grounded, direct, and human. No jargon. No performance.



Designed for reuse

Come back to it daily. It works precisely because it's simple.
If you journal, use it as a journaling prompt



Spacious layout

Generous room to think. Nothing cramped. Nothing rushed.



One clear direction

Not a map of your whole life — just the next step forward
for today, or part of the day maybe even the next hour.

You already know more than you think. This tool just helps you hear yourself.