

# Three Steps to Sailing Into Your Best Year

## Creating Your 2012 Compass



Debra Smouse

Get Ready to Live Life in The Zone

[www.debrasmouse.com](http://www.debrasmouse.com)

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# GRATITUDES

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I would not be where I am today, creating this book, without love and guidance of some amazing people in my life. I send love and thanks to...

John aka JB. My partner, significant other, man of my dreams and so much more. He is my anchor as we traverse through life together.

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My coach, [Joy Tanksley](#). Who is an amazing force of positivity and inspiration in my world.

My guru, [Kate Swoboda](#). Whose Course [The Coaching Blueprint](#) helped me fine-tune the way I approach my practice allowing me to really focus in on what I do best.

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**My amazing clients**, who wow me with their amazing hearts and souls.

# Copyright

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This version of *Three Steps to Sailing Into Your Best Year: Creating Your 2012 Compass* was revised on January 01, 2012. It contains everything.

This version was purchased or downloaded via one of the author's websites: <http://CreateYourCompass.com> or <http://DebraSmouse.com> via a Compass Coaching Package or as a complimentary gift for subscribing to the author's mailing list.

**Future versions – as well as versions sold via Amazon may be slightly different.**

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# About the Author

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I'm Debra Smouse and I'm a Life Coach.

I've been coaching since 2006 with some amazing success stories that drive me to wake up each morning with a sense of passion and determination that I can show you how to capture for yourself.

I love what I do: help people smash the rear-view mirror way of *existing* and move full speed ahead into *living* in "The Zone".

What's "The Zone"? The place where baggage goes to die and dreams go to live.

We all have past baggage, but sometimes it unleashes gremlins determined to sabotage your happiness and success. When baggage is addressed at the core, then the opposite happens. You start to thrive, things begin to fall into place and life becomes truly joyful in every way.

As a Coach, I'm honored to hold loving space for you as you discover what you really want in life. What you value. What's important to you. What sets your soul on fire! And since no one likes living in limbo, I'm here to lend a helping hand as you traverse between limbo and into the life of your dreams.

I'm an ENTJ according to MBTI and my Enneagram Type is 2. I love cooking, good wine, and stimulating conversations.

When I'm not coaching, I spend as much time on the golf course as possible, always striving to bring my A game. And I'd be honored to [help you bring yours](#).

## GET IN TOUCH - GET SOCIAL

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# Introduction

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Let me give you some background: In 2007, instead of creating New Year's Resolutions, I chose a guiding word for the year's focus. **My world began to change.** Since that time, I have selected one to three words to serve as my guiding principles for the year. Each year, my life has become **more focused, richer, fuller, and I have blossomed.** I discovered the truth of who I am at my core and when life got rough, **I had a compass for the year.**

Beyond just suggesting you choose a word, though, I wanted to give you something more impactful than a suggestion. I wanted to **provide a guide for you to clarify your values, and help identify how you want to feel and take action.** When I began to search for a tool of some sort to help me get clear about that significant question (**What are your values**), I discovered that most values clarification exercises I came across were geared towards career goals. **I wanted something deeper, so I created it.**

Actually, I created an eBook entitled "*Three Steps to Sailing Into Your Best Year Yet: Creating Your 2012 Compass*".

## How to Use This Book

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This workbook is intended to assist you in setting your guiding principles for 2012, but that doesn't mean you have to have this decided by January 1 or even February 1. In 2010, I didn't solidify my guiding principal of the year until March, and it turned out to be the most transformational year of my 43 years on this planet.

**There is no deadline or due date. You are not behind. You are right where you need to be.**

The work can certainly be done in a matter of a few hours if that's the way you choose. Work through this in one day if that feels right. If that feels at all pushed, be gentle with yourself and work through this book over a period of several days or several weeks.

**Find your own beautiful rhythm that fits your life in this space and time.**

I do recommend printing this out and placing it in a small 3-ring binder. It's a workbook that was delivered via electronic means. Write in it. Doodle on the pages.

It's yours to play with and dream with. To assist you as you create and live the most amazing life.

# Part One: Naming Your Rudder

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*Clarifying Your Values*

## INTRODUCTION: NAMING YOUR RUDDER

I have question for you: are you just floating along in life, or are you moving in the direction that aligns with what you really want?

**In order to live the life of your dreams, you have got to get clear about everything.**

What's important to you? What do you really want? What is your purpose on this planet? What does your heart tell you? What are your personal values?

It's a tossed about word: **values**. We all have them – they are as ingrained within us as our blood types or preference for sweet or salty foods. But have you actually define them?

I'm not talking about morals, which are defined by society. Values are who YOU are – not who you think you should be in order to fit in.

*“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”*  
– John Wooden

One of the biggest gifts I was given in 2011 was a question in *The Coaching Blueprint*: **What are your values?**

It's an innocuously simple question on the surface. I'm a coach. I'm a writer. I'm a thinker. It should be easy to answer. What I realized, though, was I needed a little help in clarifying 'em! However, when I began to search for a tool of some sort to help me get clear, I discovered that most values clarification exercises I came across were geared towards career goals.

**I wanted something deeper, so I created it for you.**

**A ship without a rudder wanders aimlessly in the sea.**

Like a ship, if we don't know what's important to us, we spend a lot of time wandering and wondering what we should be doing. There is tremendous power in discovering and living according to our highest values, and experiencing inner peace as the natural consequence.

When actions and values are aligned, life feels content, in harmony with your purpose – you have peace of mind, even in challenging times.

In Part One of *Three Steps to Sailing Into Your Best Year: Creating Your 2012 Compass*, we will walk through a process for clarifying and defining your personal values.

**In invite you to dig into your heart. Clarify and define your values.**

Because, if you aren't clear on your personal values, then how can you be sure that your actions are congruent with who you are at your core?

Look at this as a map and guidebook for the inner you! The real you.

**The YOU who is begging to set the world on fire!**

I know it seems easier to just go with the flow and see where the current takes us. But going through this process will bring you tremendous worth. It will allow you to select the path of your true choosing and help put you on path to a satisfying, happy and fulfilling life.

What will you get by going through the process of discovering and developing your values? They will become the basis for plotting your life. By reviewing them often and meditating upon them. You will experience the type of life you truly want.

And you'll no longer simply be a passenger on the ship of your life.

**You'll be the captain.**

## STEP ONE: NARROW IT DOWN

Below is a list of more than 375 words that are personal values.

**Grab a pen and a timer.**

Close your eyes. Take a deep breath and get centered.

Set the timer for six minutes.

Read through the list and circle the words that speak to you.

*Go with your gut.* Don't overanalyze. **Just circle.**

**Remember: Values are who YOU are. Not who you THINK you should be.**

Abundance	Acceptance	Accessibility
Accomplishment	Accuracy	Achievement
Acknowledgement	Activeness	Adaptability
Adoration	Adroitness	Adventure
Affection	Affluence	Aggressiveness
Agility	Alertness	Altruism
Ambition	Amusement	Anticipation
Appreciation	Approachability	Articulacy
Assertiveness	Assurance	Attentiveness
Attractiveness	Audacity	Availability
Awareness	Awe	Balance
Beauty	Being the best	Belonging
Benevolence	Bliss	Boldness
Bravery	Brilliance	Buoyancy
Calmness	Camaraderie	Candor
Capability	Care	Carefulness
Celebrity	Certainty	Challenge
Charity	Charm	Chastity
Cheerfulness	Clarity	Cleanliness
Clear-mindedness	Cleverness	Closeness
Comfort	Commitment	Compassion
Completion	Composure	Concentration
Confidence	Conformity	Congruency
Connection	Consciousness	Consistency
Contentment	Continuity	Contribution
Control	Conviction	Conviviality
Coolness	Cooperation	Cordiality

Correctness	Courage	Courtesy
Craftiness	Creativity	Credibility
Cunning	Curiosity	Daring
Decisiveness	Decorum	Deference
Delight	Dependability	Depth
Desire	Determination	Devotion
Devoutness	Dexterity	Dignity
Diligence	Direction	Directness
Discipline	Discovery	Discretion
Diversity	Dominance	Dreaming
Drive	Duty	Dynamism
Eagerness	Economy	Ecstasy
Education	Effectiveness	Efficiency
Elation	Elegance	Empathy
Encouragement	Endurance	Energy
Enjoyment	Entertainment	Enthusiasm
Excellence	Excitement	Exhilaration
Expectancy	Expediency	Experience
Expertise	Exploration	Expressiveness
Extravagance	Extroversion	Exuberance
Fairness	Faith	Fame
Family	Fascination	Fashion
Fearlessness	Ferocity	Fidelity
Fierceness	Financial independence	Firmness
Fitness	Flexibility	Flow
Fluency	Focus	Fortitude
Frankness	Freedom	Friendliness
Frugality	Fun	Gallantry
Generosity	Gentility	Giving
Grace	Gratitude	Gregariousness
Growth	Guidance	Happiness
Harmony	Health	Heart
Helpfulness	Heroism	Holiness
Honesty	Honor	Hopefulness
Hospitality	Humility	Humor
Hygiene	Imagination	Impact
Impartiality	Independence	Industry
Ingenuity	Inquisitiveness	Insightfulness
Inspiration	Integrity	Intelligence
Intensity	Intimacy	Intrepidness
Introversion	Intuition	Intuitiveness
Inventiveness	Investing	Joy
Judiciousness	Justice	Keeness

Kindness	Knowledge	Leadership
Learning	Liberation	Liberty
Liveliness	Logic	Longevity
Love	Loyalty	Majesty
Making a difference	Mastery	Maturity
Meekness	Mellowness	Meticulousness
Mindfulness	Modesty	Motivation
Mysteriousness	Neatness	Nerve
Obedience	Open-mindedness	Openness
Optimism	Order	Organization
Originality	Outlandishness	Outrageousness
Passion	Peace	Perceptiveness
Perfection	Perkiness	Perseverance
Persistence	Persuasiveness	Philanthropy
Piety	Playfulness	Pleasantness
Pleasure	Poise	Polish
Popularity	Potency	Power
Practicality	Pragmatism	Precision
Preparedness	Presence	Privacy
Proactivity	Professionalism	Prosperity
Prudence	Punctuality	Purity
Realism	Reason	Reasonableness
Recognition	Recreation	Refinement
Reflection	Relaxation	Reliability
Religiousness	Resilience	Resolution
Resolve	Resourcefulness	Respect
Rest	Restraint	Reverence
Richness	Rigor	Sacredness
Sacrifice	Sagacity	Saintliness
Sanguinity	Satisfaction	Security
Self-control	Selflessness	Self-reliance
Sensitivity	Sensuality	Serenity
Service	Sexuality	Sharing
Shrewdness	Significance	Silence
Silliness	Simplicity	Sincerity
Skillfulness	Solidarity	Solitude
Soundness	Speed	Spirit
Spirituality	Spontaneity	Spunk
Stability	Stealth	Stillness
Strength	Structure	Success
Support	Supremacy	Surprise
Sympathy	Synergy	Teamwork
Temperance	Thankfulness	Thoroughness

Thoughtfulness	Thrift	Tidiness
Timeliness	Traditionalism	Tranquility
Transcendence	Trust	Trustworthiness
Truth	Understanding	Unflappability
Uniqueness	Unity	Usefulness
Utility	Valor	Variety
Victory	Vigor	Virtue
Vision	Vitality	Vivacity
Warmth	Watchfulness	Wealth
Willfulness	Willingness	Winning
Wisdom	Wittiness	Wonder
Youthfulness	Zeal	

**WOW!** That was exhilarating.

What a great job you're doing listening to your heart.

Take a break and grab something refreshing to drink. Walk around. Stretch.

Then we'll be ready to move along to Step Two.



### STEP THREE: CRYSTAL CLEAR

Now that you've begun to narrow down the possibilities, it's time to get crystal clear. You are giving yourself a powerful gift.

Review the list above. Cross out the words that don't appeal to you. You are going to clearly define your personal values by narrowing down your personal guidebook in Step 3 down to NINE Values or Less. Use the table below to record your discovery. In the column on the left, write down the value and next to that, write down your definition of what that means to you.

Value	My definition

## CONCLUSION

Look at you getting clear!

Now that you've named your rudder, set this eBook aside and celebrate.

Treat yourself to something like a new pair of gloves or your favorite Starbucks drink.

But hang onto your work.

Parts Two and Three of this eBook, *Three Steps to Sailing Into Your Best Year Yet: Creating Your 2012 Compass*, will help you identify important parts of your personal recipe to living in the zone.

And there's a bonus coming: Part Four. Where we'll put your own personal compass together.

# Part Two: Dropping Your Anchor

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*Getting Clear About How You Want to Feel*

## INTRODUCTION: DROPPING YOUR ANCHOR

I have a couple of questions for you: **How do you feel today?** **How do you want to feel?**

During my journey in living the life of my dreams, I've learned two important lessons about feelings.

One - You have to learn to identify your feelings and **actually allow yourself to experience them**. All of them. Yes, even the not-so-nice ones like anger, shame and embarrassment. And yes, even the good ones, too. Because all too often we feel we don't deserve to be happy, experience ecstasy or embrace pleasure.

Two – **You get to choose how want to feel**. When you get in touch with your heart's deepest desires, it will whisper to you that it wants to experience some area of feeling good. **Identifying how you want to feel is critical to charting the course for the life of your dreams**. **You get clear about how you want to feel** and **then you begin doing things that make you feel that way**.

**In order to set sail into the life of your dreams, you need to clear about everything.**

**And this includes how you want to feel.**

Just like our personal values are the rudder of our ships will become a basis for plotting our life, if you aren't in touch with your heart's desire, then creating your year can't happen. That's because your ship needs an anchor. And **that anchor is how you want to feel**.

Dropping anchor allows a ship to be still and deliberate. Dropping anchor is how a ship settles into port to allow new things on board as well as getting rid of rubbish and unneeded items.

Look at it this way. You come up with goals and visions for the areas of your world – personal and career. You believe that if you actualize that goal, it will give you a level of feeling successful, worthy and satisfied. When you reach a goal, how will you feel?

Sometimes, we reach goals and feel something unexpected: dissatisfied, anxious or even empty. When we look at it, we realize we set a goal based on outside expectations of us, not our inner burning desires. But if you get in touch with how you want to feel, then your actions and goals will be ones of your heart of hearts.

**You get clear about how you want to feel.**

**And then you begin doing things that make you feel that way.**

If you are not clear on how you want to feel, then you have no way to determine if your actions are congruent with your hearts desires.

So, let me ask you again: How do you want to feel in 2012?

There is no right or wrong answer to this question. Don't allow guilt to play into wanting to feel the way you want to feel. In order to live in the zone, you need to follow your desired emotion. Let it roll. It's deep inside your heart for a divine reason: it's a guide for you to fulfill your purpose. You have a right to be happy – and one of the steps to being happy is being in touch with your feelings.

In Part One of this eBook, did some amazing work by “*Naming Your Rudder*”. You clarified and defined your personal values.

The next step in creating your 2012 Compass is ***Dropping Your Anchor: Getting Clear About How You Want to Feel***. Because what we focus on grows, choosing to focus on the feelings you want is a key component for creating the life you desire.

***Part Two: Dropping Your Anchor*** is a guidebook for clarifying and defining how you want to feel. Going through this process will **bring your crystal clear clarity**. Defining how you want to feel will put you on course to living the type of life you truly want.

And whenever you find yourself in the midst of a storm, you will simply need to **get in touch with your heart** by **dropping your anchor to the depths of the sea**.

## STEP ONE: NARROW IT DOWN

Below is a list of more than 385 words that are feelings.

**Grab a pen and a timer.**

Close your eyes. Take a deep breath and get centered.

Set the timer for eight minutes.

Read through the list and circle the feelings that make your heart say: YES! I want to feel this way!

*Go with your gut.* Don't overanalyze. **Just circle.**

This is not about choosing how you are "supposed" to feel. There is no right way or wrong way to feel.

**Don't allow judgment or guilt** into your choices. **Trust your heart.** It will guide you.

Able	Absolved	Absorbed
Abundant	Accelerated	Acceptable
Accepted	Accepting	Accomplished
Accountable	Achieving	Active
Adaptable	Admiration	Admired
Adored	Affected	Affectionate
Affluent	Agreeable	Alert
Alive	Amazed	Ambitious
Amenable	Amused	Amused
Amusement	Animated	Appreciated
Approving	Assertive	Assured
At ease	Attached	Attentive
Attracted	Attractive	Authentic
Awake	Aware	Awe
Awe-filled	Awesome	Balanced
Beautiful	Believing	Blessed
Blissful	Bold	Bonded
Brave	Bright	Brilliant
Calm	Capable	Captivated
Cared for	Carefree	Careful
Caring	Centered	Certain
Challenged	Cheerful	Cherished
Clean	Clear	Clever

Close	Collected	Comfortable
Comforted	Committed	Compassionate
Competent	Complete	Composed
Comprehending	Concerned	Confident
Congruent	Connected	Conscious
Considerate	Constant	Content
Cooperative	Courageous	Creative
Credible	Curious	Daring
Decisive	Delighted	Dependable
Desirable	Determined	Devoted
Dignified	Discerning	Disciplined
Distinguished	Drawn	Dynamic
Eager	Earnest	Easy
Easy-going	Ecstatic	Edified
Efficient	Elated	Elegant
Elevated	Emancipated	Empowered
Encouraged	Energetic	Engaged
Engrossed	Enthralled	Enthusiastic
Euphoric	Exceptional	Excited
Exhilarated	Expansive	Experienced
Expressive	Exuberant	Faith
Faithful	Fantastic	Fascinated
Favored	Fearless	Festive
Firm	Flexible	Flowing
Focused	Forceful	Forgiven
Forgiving	Fortified	Fortunate
Free	Free and easy	Friendly
Frisky	Fulfilled	Full
Generous	Gentle	Genuine
Giddy	Gifted	Glad
Gleeful	Glowing	Good
Good-natured	Graceful	Gracious
Grateful	Gratified	Gratitude
Great	Grounded	Growing
Guarded	Happy	Hardy
Harmonious	Healed	Helpful
Heroic	High	Honest
Honorable	Honored	Hope
Hopeful	Humble	Humorous
Important	Impulsive	In control
Included	Independent	Infatuated
Influential	Innocent	Inquisitive
Inspiration	Inspired	Intelligent

Intent	Interest	Interested
Intrigued	Invigorated	Invincible
Invited	Involved	Jovial
Joy	Joyful	Joyous
Jubilant	Judicious	Keen
Kind	Learning	Liberated
Light	Light-hearted	Lively
Loose	Lovable	Love
Loved	Love-struck	Loving
Loyal	Lucky	Magnetic
Marvelous	Masterful	Mature
Meek	Merciful	Merry
Methodical	Mindful	Modest
Motivated	Neat	Noble
Non-judgmental	Nosy	Observant
Open	Open hearted	Optimistic
Organized	Outgoing	Over the moon
Overjoyed	Pacified	Pampered
Pardoned	Passionate	Patient
Peaceful	Persevering	Playful
Pleasant	Pleased	Popular
Positive	Powerful	Praised
Precious	Prepared	Present
Pride	Productive	Proficient
Progressive	Prosperous	Protected
Proud	Provocative	Prudent
Punctual	Purified	Purposeful
Qualified	Quick	Quiet
Radiant	Rapturous	Rational
Reasonable	Reassured	Rebellious
Receptive	Receptive	Recognized
Redeemed	Re-enforced	Re-enforced
Regenerated	Rejuvenated	Relaxed
Release	Reliable	Relief
Relieved	Remembered	Replenished
Resolute	Respected	Respectful
Responsive	Restored	Revitalized
Rewarded	Rooted	Safe
Satisfied	Secure	Self reliant
Selfless	Sensational	Sensible
Sensitive	Serene	Serenity
Settled	Sexy	Sharing
Shining	Silly	Simple

Sincere	Skillful	Smiling
Smooth	Snoopy	Soothed
Special	Spirited	Splendid
Stable	Steadfast	Strengthened
Strong	Successful	Sunny
Supported	Supportive	Sure
Surprised	Sustained	Sympathetic
Tactful	Teachable	Temperate
Tenacious	Tender	Thankful
Thoughtful	Thrilled	Tolerant
Touched	Tranquil	Triumphant
Trust	Trusting	Unbiased
Unburdened	Understanding	Undisturbed
Unhurried	Unique	United
Unselfish	Upbeat	Upheld
Valiant	Validated	Valuable
Valued	Vibrant	Victorious
Virile	Vital	Warm
Willing	Wise	Witty
Wonderful	Worthwhile	Worthy
Yielding	Youthful	Zealous

**WOW!** That was exhilarating.

What a great job you're doing listening to your heart.

Take a break and grab something refreshing to drink. Walk around. Stretch.

Then we'll be ready to move along to Step Two.



### STEP THREE: GETTING CRYSTAL CLEAR

Now that you've begun to narrow down the possibilities, it's time to give yourself the gift of crystal clarity.

Review the list above. Read them out loud and check in with your body. When you read a word aloud that gives you a positive visceral response, mark it. Cross out the words that don't.

Now narrow the field down to FIVE Ways you want to FEEL. Use the table below to record your discovery. In the column on the left, write down the feeling and next to that, write down your definition of what that means to you.

Feeling	My definition

## CONCLUSION

Look at you getting clear and building your ship! You've **named your rudder** by clarifying your values and now you're ready to **drop anchor** by listening into your heart and defining how you want to feel.

Now that you've clarified and defined your anchor, set this eBook aside and celebrate.

Treat yourself to something like your favorite chocolate from the Godiva store or a new pair of slippers.

And hang onto your work.

Part Three of this eBook, *Three Steps to Sailing Into Your Best Year Yet: Creating Your 2012 Compass*, will help you identify important parts of your personal recipe to living in the zone.

And there's a bonus coming: Part Four. Where we'll put your own personal compass together.

# Part Three: Hoisting Your Sails

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*Rooting Out and Defining Your Power*

## INTRODUCTION: HOISTING YOUR SAILS

In order to live the life of your dreams – the life you were meant to live – you lovingly and joyfully create a compass to guide you. Though there are four points on a traditional compass, this compass is made up of three parts.

Now we are going to explore this third and very critical part, **without which your compass can never fully assist you on your journey.**

In the previous sections of this workbook, I've used the analogy of seeing your life as a ship. In order to create the compass for your ship, you need to understand the components of building your ship in this way.

**Your rudder represents your personal values**, and guides the direction of your life. There is tremendous power in discovering and living according to our highest values, and experiencing inner peace as the natural consequence. In [Part One](#) of this workbook, you **Named Your Rudder** by **clarifying your values.**

**Your anchor is how you want to feel.** The quiet whispers of your heart's desires define that anchor. In [Part Two](#) of this workbook, you **Dropped Anchor** by getting crystal clear about how you want to feel.

Now your ship needs some assistance. You need the anchor's presence to ground you. You need your rudder's direction to chart your course. But no matter where your ship goes, but in order to journey the oceans your ship needs power.

To experience the best journey of your life, you are going to have to hoist your sails. **Your sails are ACTION.**

You can dream big. You can create soulful intentions. You can lay solid goals with milestones. **But unless you take action, you'll never realize your dreams, intentions or goals.** If this sounds familiar, it's because I gave you a big hint in Part Two when I shared that you get clear about how you want to feel and **then you begin doing things that make you feel that way.**

**Yes, my dear, there is a very important component to living the life of your dreams... Actually living.**

You can create novels and symphonies in your head, but until you put pen to paper and record them, you're not a writer nor a composer. You're a dreamer. Don't get me wrong. I love dreaming. I'm a huge fan of day dreams. I applaud you being a dreamer.

But I want you to achieve your dreams, and you aren't going to be able to do that **unless you take action.**

I'm well versed at being the writer who only dreams of writing and I'm so happy to tell you that I've completed my eBook *Three Steps to Sailing Into Your Best Year: Creating Your 2012 Compass*. I've written hundreds of blog posts, essays and short stories in my lifetime. I've completed big chunks of two different novels.

**This is the first time I've completed a soul-centered – wholehearted, living book that I know I was meant to write.**

This book was me – **seizing the power of my purpose in life**. This was me stopping the cycle of writing in my head. I rose out of a creative storm of ideas, wrote a single blog post about viewing life from the top of the mast, and continued to build this workbook for you – a tiny piece at a time.

Actions don't have to be huge acts, though they can be. **You can take baby steps by taking small, deliberate actions**. You can simply lean into and gently steer yourself toward the direction. **Leaning and steering are powerful actions**.

I know how **scary it can be to take action**. It can be downright **paralyzing**. The lizard brain begs you to be content with dreaming, because change sends us into unknown territory.

Below are exercises to help you overcome your lizard brain's attempt at paralyzing you. We're going to root out and define the powerful actions you want to take in your amazing and beautiful life.

**I have faith in you**. I have faith that you will seize the exquisite power of action as you step into your dharma.

I know that you can take your sails from storage, hoist them, and let the ship of your life sail into the most amazing year of your life.

## STEP ONE: NARROW IT DOWN

Below is a list of more than 300 powerful action words. I've left some blank space for you to add ones I left off.

**You know the drill ☺ Grab a pen and a timer.** Close your eyes. Take a deep breath and get centered.

Set the timer for nine minutes.

Read through the list and circle actions that make your soul say: YES!

*Go with your gut.* Don't overanalyze. **Just circle.**

**Remember: Choose actions are your way to gently power towards your purpose in life. Not actions that feel forced or coming from what you THINK you should do.**

Accept	Adventure	Adventuring
Agree	Allow	Appreciate
Appreciation	Approve	Articulating
Ask	Attend	Authentic
Awe-filled	Bake	Balance
Bare	Beauty	Become
Bless	Bliss	Blissful
Bloom	Bold	Bounce
Break my rules	Brew	Burn
Calm	Captivating	Care
Challenge	Champion	Charge
Cheer	Chew	Claim
Clean	Clear	Coach
Collect	Color	Command
Commit	Communicate	Compassionate
Complete	Concentrate	Conceptualize
Congruence	Connect	Connecting
Consider	Cook	Courage
Courageously	Create	Curious
Dance	Dare	Debug
Decide	Delight	Deliver
Deserve	Design	Develop
Direct	Disconnect	Discover
Divine	Do	Document
Draft	Draw	Dream
Earn	Ease	Elegance

Embrace	Embrace	Encourage
End	Energize	Enjoy
Enter	Entertain	Enthrall
Escape	Examine	Exceed
Excel	Excite	Exercise
Exhilarated	Expand	Explore
Exploring	Extract	Face
Faith	Fill	Find
Fire	Flow	Flower
Focus	Forge	Forgive
Formalize	Fortify	Foster
Free	Friendly	Fun
Gather	Gaze	Generate
Generous	Gentle	Genuine
Giving	Gleefully	Glow
Govern	Grace	Gratifying
Grin	Grip	Grow
Guide	Heal	Healthy
Help	Hoist	Hope
Hug	Identify	Imagine
Increase	Influence	Inform
Innovate	Inspire	Instruct
Integrate	Intend	Intensify
Interact	Invent	Involve
Join	Joke	Joyfully
Juggle	Jump	Jump
Kick	Kiss	Know
Laugh	Launch	Lead
Learn	Leverage	Lighten
Listen	Live	Look
Love	Maintain	Manage
Map	Masterminding	Mastery
Matter	Maximize	Maximizing
Meditate	Mend	Mentoring
Mindfulness	Model	Motivate
Navigate	Note	Notice
Observe	Optimistic	Optimizing
Orchestrate	Organize	Overjoyed
Own	Paint	Participate
Passion	Peace	Penetrate
Perform	Pioneer	Play
Plunge	Powerful	Practice
Pray	Prepare	Presence

Process	Procure	Produce
Purge	Question	Radiate
Rapturous	Reach	Realize
Reason	Recapture	Receive
Recognize	Record	Recycle
Reduce	Re-engineer	Reflect
Refuse	Reign	Reinforce
Rejoice	Rejuvenate	Relax
Release	Remove	Report
Reshape	Restructure	Revitalize
Risk	Rule	Run
Satisfy	Save	Scribble
Search	Seek	Serve
Ship	Show	Simplify
Sin	Skip	Smell
Smile	Sophisticate	Spark
Sparkle	Speak	Spearhead
Specialize	Sprout	Squeal
Start	Streamline	Steer
Step	Still	Stimulate
Stop	Strengthen	Stretch
Stroke	Structure	Support
Surprise	Survey	Sustain
Taste	Teach	Tease
Tick	Tickle	Torch
Touch	Trade	Transform
Transmit	Travel	Treat
Trust	Truth	Uncover
Unlock	Volunteer	Walk
Wander	Warm	Whisper
Widen	Wisdom	Wish
Wonder	Write	Zip
Zoom		

**WOW!** That was exhilarating.

What a great job you're doing tuning into your soul.

Take a break. Walk around. Stretch. Grab a glass of ice cold water.

Then we'll be ready to move along to Step Two.



### STEP THREE: LASER FOCUS

Now that you've begun to narrow down the possibilities, it's time focus your laser. You are giving yourself a powerful gift.

Review the list above. Read them out loud and check in with your body. When you read a word aloud that gives you a positive visceral response, mark it. Cross out the words that don't.

Now narrow the field down to SIX powerful actions you want to take in the next twelve months. Use the table below to record your discovery. In the column on the left, write down the power word and next to that, write down your definition of what that means to you and how you use it as wind for your sails.

Action	My definition

## CONCLUSION

Look at you getting clear and building your ship! You've **named your rudder** by clarifying your values. You've **dropped anchor** by listening into your heart and defining how you want to feel. Now you tuned into your soul and have sewn the **sails to hoist**.

Now that you've rooted out and defined your power-action words, set this eBook aside and celebrate.

Bake a batch of cookies. Treat yourself to a freshly brewed cup of java.

And hang onto your work.

Part Four of this eBook, *Three Steps to Sailing Into Your Best Year Yet: Creating Your 2012 Compass*, will help you create the compass for 2012.

# Part Four: Creating Your Compass

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*Three Little Words for 2012*

## INTRODUCTION: CREATING YOUR COMPASS

**I'm so proud of you. You've done some deep and amazing work here.** Let's recap your spectacular accomplishments.

In Part One of this workbook, you "Named Your Rudder" by **clarifying your personal values. You took a list of more than 375 values**, created a personal guidebook of values and then **got clear by reducing your number of personal values to nine or less.**

**Your rudder represents your personal values**, and guides the direction of your life. There is tremendous power in discovering and living according to our highest values, and experiencing inner peace as the natural consequence.

In Part Two of this workbook, you "Dropped Your Anchor" by getting **crystal clear about how you want to feel. You took a list of more than 385 emotions**, created your heart's map of desired feelings and then **got clear by reducing your number of personal desired feelings to five or less.**

**Your anchor is how you want to feel.** The quiet whispers of your heart's desires define that anchor. If you are not clear on how you want to feel, then you have no way to determine if your actions are congruent with your hearts desires.

In Part Three of this workbook, you "Hoisted Your Sails" by defining the power-action words you want to embody in your beautiful life. **You took a list of more than 300 power-action words**, defined the sails for your soul's work and then got clear by reducing your number of power-action words to six or less.

**Your sails are the action to propel you.** You embraced the fact that in order to journey upon the oceans, your ship needs power. And the power for the life of your dreams is action.

As I mentioned in the introduction of the book, I began replacing "resolutions" in 2007 with **guiding words for focus.** I chose three little words in 2007 and they changed my whole life. **My world opened up. I transformed.**

Every year since that time, I have chosen one to three words to serve as my guiding principles for the year. **My life continued to become richer, fuller, and more focused. I blossomed. I discovered and embraced the real me, not the me I was expected to be.**

I broke the rules I had written for myself. And I began to create my life on my terms. I discovered that it was perfectly wonderful outside the box that I once believed I must live in. I believe in the power of giving things up to God and the Universe. **Choosing a guiding focus does this.**

**When life became scary and challenging returning to my guiding principles of the year grounded me and guided me.** It served me through multiple changes in my business life. It guided me as I began to **finally heal from my divorce and embraced my power as a sexual being.** It comforted me through the **devastation of my mother's cancer treatment and the grief of her death.** It led me to take a **huge leap of faith, risk heartbreak and immerse myself into a loving and healthy relationship.**

I gave myself an incredibly powerful gift. **I am living a life that far surpasses what I once dreamed of. And now, that gift is yours.** You are going to choose your focus for 2012 via the amazing soul work you've done thus far.

**You are going to choose one concept from each section of the book and create your compass.** We'll methodically work through the process together by taking the work you've done and drill down to what will be the most valuable to you in 2012.

**The beauty of this work is that you can readjust the points of your compass if you need to during the year.**

## STEP ONE: CELEBRATE YOUR WORK

You've taken almost 1000 words naming values, feelings and actions and narrowed them down to 20 words. You are going to celebrate by creating a single, handy-dandy uber-powerful list that you have culled from your heart and soul.

You'll find your [Rudder on Page 17](#). Your [Anchor on Page 27](#). Your [Sails on page 36](#).

Your Rudder: Your Personal Values	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

Your Anchor: How You Want to Feel	
1.	
2.	
3.	
4.	
5.	

Your Sails: Your Power-Action Words	
1.	
2.	
3.	
4.	
5.	
6.	

# I am so proud of you!

You've dug deep into exploring the fabulousness of who you really are. **You've done the kind of soul work that some folks don't even venture upon. What a great job you're doing tuning into your soul.**

**This page will serve as a backbone to getting focused in 2012 and beyond.**

Take a break and congratulate yourself. Pour yourself a celebratory glass of wine and toast yourself!

Then we'll be ready to move along to Step Two.

## STEP TWO: THE POWER OF THREE

After recording that stupendous work, we're going to hone in your focus for 2012.

You are not going to discard the work you've done, you're simply going to narrow each field down to three.

<b>Your 2012 Rudder: Your Personal Values of Focus for 2012</b>
1.
2.
3.

<b>Your 2012 Anchor: How You Want to Feel in 2012</b>
1.
2.
3.

<b>Your 2012 Sails: Your Power-Action Words for 2012</b>
1.
2.
3.

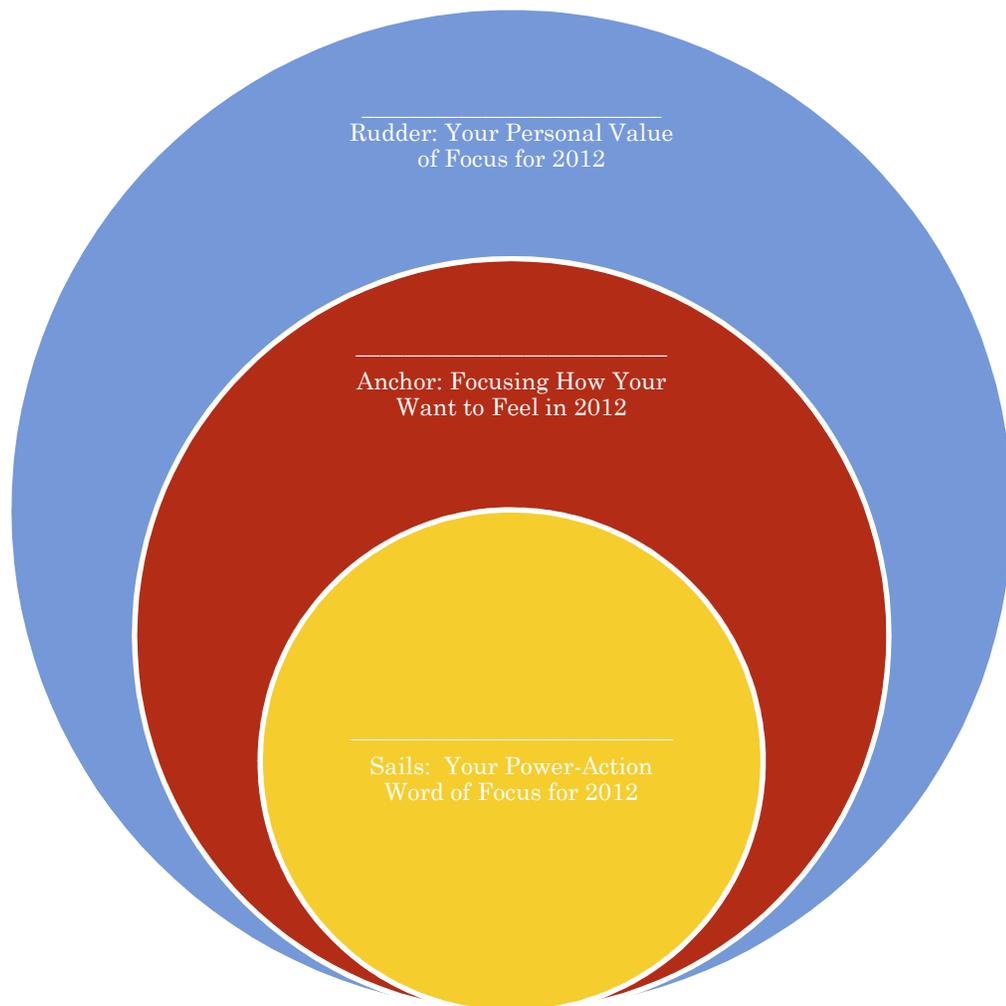
### STEP THREE: CREATING YOUR COMPASS

Now that you've begun to narrow down the possibilities, it's time focus your laser and lovingly, joyfully, and gently build your 2012 Compass.

Review the list above. You are narrowing it down to **one word** for each component of your compass. Read them out loud and check in with your body. Meditate upon them. Pray. This is not a time for judgment or guilt. **This is the time to tune into your heart.**

## Your 2012 Compass

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## CONCLUSION

You've now built your ship for 2012. You've **named your rudder** by clarifying your values. You've **dropped anchor** by listening into your heart and defining how you want to feel. You've tuned into your soul and have sewn the **sails to hoist**.

And now, you've taken one of each of these critical components to living life in the zone to create your guide: Your Compass for 2012.

Now it's time to seal the words with your heart and mind. Email or Call a trusted friend or mentor and share your guiding principles for 2012. Sharing helps you seal your intention. I'd be thrilled for you to share your compass with me. (drop me an email at: [debra@debrasmouse.com](mailto:debra@debrasmouse.com) )

Write about them in your journal or blog. Post them to Facebook or Twitter. Write them on post it notes and place them in your office or your closet door or on your bathroom mirror. Meditate and pray upon them. Embrace and celebrate. Trust that God and the Universe will help guide you along the path.

And if you want help for your journey, I'm offering specialized Compass Coaching Plans (see page 46), which will provide you a year of support and accountability.

**2012 is going to be the year you set your world on fire!**

# Compass Coaching Plans

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Perhaps you've uncovered some things you'd like to work through and need a helping hand as you traverse through the limbo of what you are supposed to be verses who you really are. Perhaps you need a bit of accountability to help you stay on path. Perhaps you need a sounding board to drill down to the final pieces of your compass. I've designed three custom Compass Coaching Plans to take your work to the next level.

## Compass Coaching Sessions: Keelboat - \$295.00

- Two 45-minute Coaching Session to be used within 12 months.
- Customized inspirational emails **delivered monthly** to remind you of your guiding principles of the year. This isn't a one-size-fits-all generic email – it's a monthly customized mini-eZine written just for you based on your compass.
- Monthly email check-in from YOU to me to celebrate your accomplishments, help you with accountability, and to discuss bumps in the road to help keep you on path.
- 2013 Version of this eBook, delivered by November 15, 2012.

## Compass Coaching Sessions: Schooner - \$585.00 (or 3 payments of \$205)

- Four 45-minute Coaching Session to be used within 12 months
- Customized inspirational emails **delivered monthly** to remind you of your guiding principles of the year. This isn't a one-size-fits-all generic email – it's a monthly customized mini-eZine written just for you based on your compass.
- Monthly email check-in from YOU to me to celebrate your accomplishments, help you with accountability, and to discuss bumps in the road to help keep you on path.
- 2013 Version of this eBook, delivered by November 15, 2012.

## Compass Coaching Sessions: Yacht - \$865.00 (3 payments of \$294 or \$74/month)

- Six 45-minute Coaching Session to be used within 12 months
- Customized inspirational emails **delivered monthly** to remind you of your guiding principles of the year. This isn't a one-size-fits-all generic email – it's a monthly customized mini-eZine written just for you based on your compass.
- Bi-Weekly email check-in from YOU to me to celebrate your accomplishments, help you with accountability, and to discuss bumps in the road to help keep you on path.
- 2013 Version of this eBook, delivered by November 15, 2012.

**Compass Coaching Sessions: Cruise Liner - \$1645**  
**(3 payments of \$554 or \$140/month)**

- Twelve 45-minute Coaching Session to be used within 13 months
- Complimentary copy of *Three Steps to Sailing Into Your Best Year: Creating Your 2012 Compass*
- Customized inspirational emails **delivered monthly** to remind you of your guiding principles of the year. This isn't a one-size-fits-all generic email – it's a monthly customized mini-eZine written just for you based on your compass.
- Bi-Weekly email check-in from YOU to me to celebrate your accomplishments, help you with accountability, and to discuss bumps in the road to help keep you on path.
- Discounted Access to all coaching programs during 2012.
- 2013 Version of this eBook, delivered by November 15, 2012.

**Compass Coaching Plans can be purchased here:**

<http://www.createyourcompass.com/compass-coaching-programs/>

or via email: [debra@debrasmouse.com](mailto:debra@debrasmouse.com)

## Closing Thoughts

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To be in alignment with the belief that living my best life means continually improving, I'm willing to get vulnerable and make a request for feedback on this book. Would you be (please) willing to offer your thoughts on *Three Steps to Sailing Into Your Best Year: Creating Your 2012 Compass*?

And a final note of gratitude to YOU. I feel gratitude down to my toes for your presence in the world and for sharing your time with me.



Much love,

*Debra*

**“Your time is limited. Don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other’s opinion drowned your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.”**

– Steve Jobs