

Thought Compass Activity

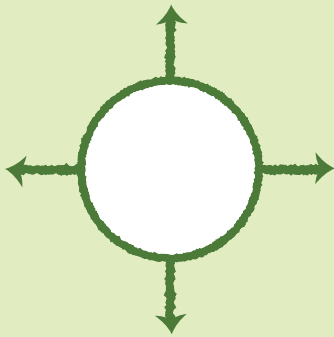


Image 1



Image 2

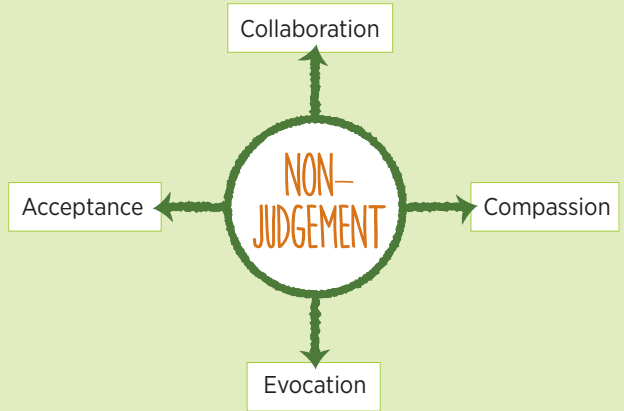


Image 3



Image 4

Thought Compass Activity

DIRECTIONS: In the center of a blank sheet of paper, draw a circle. From the circle, draw a line to the North, the South, the East and the West.

Now write a topic in the center of the circle. I wrote "Nonjudgment." *See Image 2*

Write a thought about Nonjudgement in the North, South, East, and West positions. *See Image 3*

As before, you can draw a line from each subtopic: Collaboration, Acceptance, Compassion and Evocation. Thought Compass until you have exhausted your ideas. *See Image 4*

