



Inner Compass

• JOURNAL •

by RHIANNON CRISPE

THE OT
lifestyle
MOVEMENT

My Commitment

I make a commitment to myself.
To remaining patient, curious and relentlessly persistent.
Persistent as I walk towards my Truth.

I commit to showing up authentically.
I commit to taking responsibility for my energy.
I commit to taking inspired action.

I know that I am entering a vortex of massive expansion,
and I am oh so ready!

I know that growth outside my comfort zone may push me to
feel uncomfortable, and yet I am still ALL IN.

Signed:

Date:

Now, imagine that you're *not* 80.
Imagine that the years *haven't* passed you by.
Imagine you're exactly the age you are right now.
With so much life ahead of you.
So much life unlived.
And you get to consciously choose how you pave your path forward.

Let's *do* it!

Inner Compass

otlifestylemovement.com

Top 5 *regrets* of the dying.

“ Bronnie Ware is an Australian nurse who spent several years working in palliative care, caring for patients in the last 12 weeks of their lives. She recorded their dying epiphanies in a blog called Inspiration and Chai, which gathered so much attention that she put her observations into a book called The Top Five Regrets of the Dying.

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

"This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realise, until they no longer have it."

2. I wish I hadn't worked so hard.

"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence."

3. I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

4. I wish I had stayed in touch with my friends.

"Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying."

5. I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again." ”

Except from: *The Guardian*. <https://www.theguardian.com/lifeandstyle/2012/feb/01/top-five-regrets-of-the-dying>

What do I *value* in life?

- Abundance
- Acceptance
- Achievement
- Adventure
- Affection
- Ambition
- Authenticity
- Balance
- Bravery
- Calmness
- Capable
- Caring
- Charity
- Comfort
- Commitment
- Communication
- Community
- Compassion
- Confidence
- Connection
- Courage
- Creativity
- Curiosity
- Determination
- Dignity
- Diversity
- Efficiency
- Empathy
- Energy
- Enthusiasm
- Equality
- Faith
- Fame
- Family
- Forgiveness
- Freedom
- Friendship
- Fun
- Generosity
- Gratitude
- Growth
- Happiness
- Hard Work
- Harmony
- Health
- Honesty
- Humility
- Humour
- Imagination
- Independence
- Individuality
- Innovation
- Integrity
- Intelligence
- Intuition
- Joy
- Justice
- Kindness
- Leadership
- Learning
- Love
- Loyalty
- Motivation
- Openness
- Optimism
- Organisation
- Patience
- Peace
- Play
- Positivity
- Productivity
- Recognition
- Respect
- Responsibility
- Security
- Self-actualisation
- Self-development
- Self-reliance
- Self-respect
- Sensitivity
- Service
- Simplicity
- Sincerity
- Spirituality
- Stability
- Status
- Strength
- Success
- Support
- Surprise
- Sustainability
- Teamwork
- Transparency
- Trustworthy
- Understanding
- Uniqueness
- Unity
- Vision
- Vitality
- Wealth
- Wisdom

My top 5 values

1

2

3

4

5

It's time to get quiet with yourself. Take some time out. Sit in nature. Go to where you feel inspired and at peace. And let's go within.

"Quiet the mind, and the soul will speak."

Ma Jaya Sati Bhagavati

'What is my *soul* yearning for?'

Scribble down the kind of heart-centered work you long for.
What does it look like?
What does it feel like?
Don't think too hard.
Just let it flow.
For you already know.

What will that actually *look* like?

Let's get a bit clearer on this vision.

Practice setting:

Where will my workplace be?

- Home & community
- Hospital
- Private practice
- School / education setting
- Mental health setting
- Academia
- Other: _____

Practice area:

Where will my expertise lie? (eg: driving, dementia, pelvic health, pain, sexology etc...)

Age group:

How old will my clients be?

- Babies
- Toddlers
- Pre-school
- School aged
- Adolescence
- Teenagers
- Adults
- Older adults
- Other: _____

Specific skills needed:

-
-
-
-
-

A series of 25 horizontal lines for writing, evenly spaced down the page.

My top 3 work-related *goals* are....

And when would I love to achieve them by?

1

2

3

It doesn't matter how big or small your goal is, you need to believe that it's possible. Your attitude and mindset is the number one predictor of whether you achieve your goal or not. Open your mind to the possibilities and take inspired action towards your vision, one occupation at a time.

'What *action* can I take to move in a forwards direction towards my OT dreams?'

- Seek out a mentor
- Write out my goals and prioritise them
- Develop a plan of action
- Take a relevant up-skilling course
- Start integrating a specific modality/principle/tool into my current work
- Connect with an OT working in my desired practice space
- Shadow an OT
- Get up-to-date with the research
- Search for advertised dream jobs
- Start my own side hustle / business (online or in-person)
- Stay accountable with a friend or OT colleague
- Listen to The OT Lifestyle Movement podcast
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-
-

Reverse **Engineer**

Flick back to your goals.

It's time to reverse engineer them.

Simply, look at your end goal and work backwards.

Think about all the tiny steps you need to do to make it happen.

Schedule them into your diary.

1

What's currently *between* me and the work I desire?

What's getting in the way?

What beliefs do I need to release to move forward?

What thoughts are holding me back?

**What will I remind myself as I take steps and aligned action in the process
of *becoming!***

The Invitation

“It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.
It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.
It doesn't interest me
what planets are
squaring your moon...
I want to know
if you have touched
the centre of your own sorrow
if you have been opened
by life's betrayals
or have become shrivelled and
closed
from fear of further pain.
I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.
I want to know
if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you
to the tips of your fingers and toes
without cautioning us
to be careful
to be realistic
to remember the limitations
of being human.
It doesn't interest me
if the story you are telling me
is true.
I want to know if you can
disappoint another
to be true to yourself.

If you can bear
the accusation of betrayal
and not betray your own soul.
If you can be faithless
and therefore trustworthy.
I want to know if you can see Beauty
even when it is not pretty
every day.
And if you can source your own life
from its presence.
I want to know
if you can live with failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full moon,
“Yes.”
It doesn't interest me
to know where you live
or how much money you have.
I want to know if you can get up
after the night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.
It doesn't interest me
who you know
or how you came to be here.
I want to know if you will stand
in the centre of the fire
with me
and not shrink back.
It doesn't interest me
where or what or with whom
you have studied.
I want to know
what sustains you
from the inside
when all else falls away.
I want to know
if you can be alone
with yourself
and if you truly like
the company you keep
in the empty moments. ”

*By Oriah Mountain Dreaming,
from the book The Invitation.
<http://www.oriahmountaindreamer.com/>*