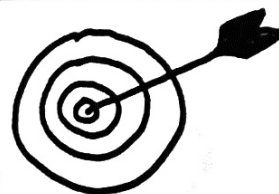




# SMK COMPASS

MY PURPOSE is to:

- Enjoy this life
- Love and be loved
- Help people and organizations face reality and imagine what is next

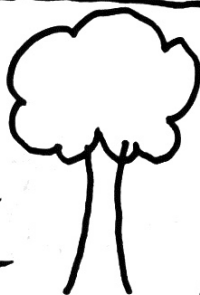


## VALUES

Authenticity  
Creativity  
Connection

## DAILY VITAMINS

nature  
meditation  
creating  
solitude  
being seen  
music  
movement  
touch



I want to FEEL

- Wise
- Alive
- Satisfied
- Connected



## DREAMS of more

travel  
time outside  
solitude  
creating  
practical skills  
music  
philanthropy  
strength

when i'm with others, I want to EMBODY

- Presence
- Healing
- Discernment