## The Self Compass Guiding Yourself to Healthy Balanced Masculinity

### Being

#### Wisdom

Big Picture Vision Purpose/Meaning Observation Leadership/Planning Humility Caring for, Affirming, Empowering and Blessing Others Inclusive/Fairness Speaking Out/Giving Voice

Reflection and Knowledge Judgement Evaluation Analysis - Logic and Intuition Problem Solving Teaching Depth Creates Options and Possibilities Abstraction

Wholeness Balance Choice Relationship Self-Others

#### **Taking Action**

Disciplined Instinct Decisive Detached Goals/Accountability Integrity Power Loyal Protection Boundaries Embodiment Play Passion Sensuality Compassionate Empathetic Creativity/Art Emotional Competency (Anger, Sadness, Love, Joy, Fear, Shame, Guilt) Feeling

Connection

Doing



Based on the work of Daly, T., Gillette, D., Foster, S., Moore, R., and others.

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# Thinking