

The Inner Compass

A 30-Minute Clarity Session with Pamela Furr

Before we meet

Bring one decision, challenge, or transition. Take a few quiet minutes with the questions below. Brief notes are enough; you can skip any question. Keep this page for yourself and share only what you choose.

The question I am bringing

What would I like to understand more clearly by the end of our conversation?

What I know and what I am assuming

Which facts can I verify? What remains uncertain, feared, or expected?

What matters to me

Which value, need, or boundary do I want this next step to honor?

What I am noticing

Is there an intuitive nudge or repeated story here? What evidence might support or challenge it?

This is an educational reflection conversation, not therapy or medical, legal, or financial advice. You remain responsible for your decisions. Please avoid sending sensitive records or details about other people. You may request pauses, keep your camera off, or decline an exercise.

After our conversation

A small next step can be enough for today.

What is clearer now?

Name an insight, a useful question, or something still unresolved.

What needs checking?

Which fact or assumption needs verification? Who is qualified to help?

My next step

What will I do, by when, and what support would make it easier?

My own compass check

Does this step fit my values and the available evidence? What would make me reconsider?

Choose a date to revisit your notes: _____

You do not need certainty to gather information or take a small, reversible step. A sense of calm or conviction is useful information about your experience, not proof that a decision is right.