

Your Inner Compass



A Guide to Understanding
& Growing *Your Strengths*

Your Inner Compass

A Guide to Understanding & Growing Your Strengths

By opening this guide, you've taken an important step toward understanding yourself from the inside out. Created especially for young people ages 12-17, it invites reflection on the inner strengths that guide your experiences and choices.

Researchers who study how young people grow and thrive have learned something powerful: each of us carries a set of inner strengths that help us navigate life. These strengths influence how we learn, build relationships, face challenges, make decisions, and imagine our futures.

Here's a simple way to think about it.

Imagine that you have a compass inside you.

Before smartphones showed people how to get from one place to another, travelers relied on compasses to find their direction. Ship captains used them to cross oceans and discover new lands. A compass didn't tell people *where* to go—it helped them understand where they were and which direction they were heading.



Can a compass guide you through life?

Not a physical one.

But the inner compass that lives inside you can.

Your inner compass is made up of core strengths—attributes that help you:

- discover meaningful work
- build caring relationships
- face challenges with courage
- act with integrity
- learn from experience
- contribute to something larger than yourself

These strengths don't tell you who you *should* be.

They help you understand who you already are—and who you are becoming.

Growing up isn't easy. Life can feel confusing, messy, exciting, overwhelming, and full of questions. Your inner compass doesn't remove those challenges—but it helps you move through them with greater confidence, purpose, and self-trust.

When you learn to recognize and use your inner strengths, you gain more choices. You're better able to change direction when needed, respond to unexpected detours, and find your way forward—even when the path isn't clear.

Here's one way of depicting your inner compass and the strengths that pilot your life.



Each part of the compass represents a strength you can notice, practice, and grow. Together, they form a system that helps guide your thoughts, feelings, and actions—today and throughout your life.

HERE'S WHAT WE KNOW ABOUT INNER STRENGTHS

Researchers who study human development have discovered something encouraging and hopeful:

All people are born with core inner strengths.

These strengths—sometimes called human attributes—are part of what makes us human. They are not skills you earn through grades or talents you’re taught in school. Instead, they develop over time through relationships, experiences, challenges, reflection, and growth.

These inner strengths matter deeply. In fact, research shows they are just as important—if not more important—than test scores, trophies, or academic achievements when it comes to living a meaningful and fulfilling life.

Of course, school success matters. Learning, graduating, and building knowledge open doors and create opportunities. But it’s easy to forget something essential:

Your grades do not define who you are.

What you carry on the inside shapes how you learn, how you treat others, how you face challenges, and how you move through the world.

Your inner strengths help you become:

- a caring family member and friend
- a curious learner
- a resilient problem-solver
- an ethical leader
- an engaged citizen

They guide not just *what* you achieve, but *how* you live.

Strengths Grow Through Use

Think of your inner strengths like muscles.

You don't build muscles simply by knowing they exist. They grow when you use them—when you stretch yourself, reflect on your experiences, and engage with others. Some strengths may feel familiar and easy to use. Others may feel quieter, newer, or harder to access.

That's normal.

Everyone uses some strengths more often than others, depending on personality, environment, and life experiences. What matters is not *how much* of a strength you have, but how you notice, practice, and develop it over time.



NOTICING YOUR STRENGTHS IN DAILY LIFE

Before reading further, take a moment to reflect.

There are no right or wrong answers—only curiosity.

- Which inner strengths seem to show up most naturally for you?
- Which ones appear when things are going well?
- Which ones help you get through difficult moments?
- Are there strengths you admire in others that you'd like to grow in yourself?

As you continue through this guide, keep these questions in mind. You may notice new patterns, gain new language for who you are, or see yourself in a way you hadn't before.

That's how growth begins—with awareness.

In the next section, you'll explore each of the eight inner strengths that make up The Compass Advantage, a framework created by a developmental psychologist to help young people and adults better understand their core attributes.



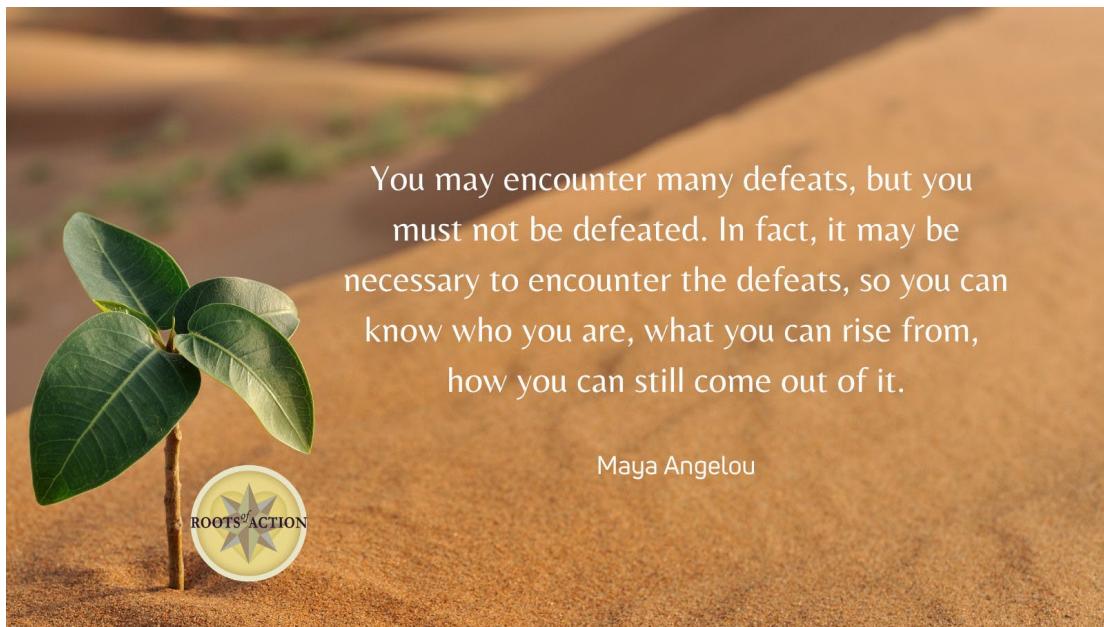
A DEEPER DIVE INTO YOUR INNER STRENGTHS

As you explore your inner compass, you'll notice that each strength supports certain ways of thinking, feeling, and acting in the world.

In the pages that follow, each strength is described in terms of what it helps you *do*—such as seeking understanding, connecting with others, facing challenges, or acting with integrity. These actions reflect your ability to engage with life in meaningful ways.

What's important to remember is this:

These abilities grow out of core human strengths that all people are born with.



Think of each strength as a muscle. When you use it, you build the capacity to act in certain ways—ways that help you learn, relate, solve problems, and stay true to yourself. The more you exercise a strength, the more naturally it supports your actions. When you use it less often, that strength may feel quieter—but it is always there, ready to grow.

As you read about each strength, pay attention to how it shows up in your own life:

- When do you rely on it most?
- What experiences help it grow?
- How does it work together with your other strengths?

You don't need to master these strengths or use them perfectly. This is about awareness, practice, and growth over time. Let's begin with **Curiosity**.



YOUR ABILITY TO SEEK AND ACQUIRE NEW KNOWLEDGE, SKILLS, AND WAYS OF UNDERSTANDING THE WORLD

Curiosity is the muscle that motivates you to enjoy learning throughout your life.

How to Exercise: You increase curiosity when you ask questions about yourself and the world around you; engage in the process of discovering your interests; accept and learn from mistakes; explore new ideas; and approach unfamiliar situations with open-mindedness.

When you use your curiosity muscles, you can also foster self-awareness, resourcefulness, resilience, and creativity.

Curiosity draws you toward learning throughout your life. It fuels your desire to ask questions, explore ideas, and make sense of the world around you.

When curiosity is active, learning feels engaging rather than forced. You become more open to discovering what interests you, trying new things, and understanding perspectives that may be different from your own.

How Curiosity Grows

You strengthen curiosity when you:

- ask questions about yourself and the world
- explore topics that genuinely interest you
- accept mistakes as part of learning
- approach unfamiliar situations with openness
- stay willing to revise your thinking as you learn more

Curiosity doesn't require having all the answers. In fact, it grows strongest when you allow yourself **not** to know—and stay interested anyway.

When you exercise curiosity, you often activate other inner strengths as well. Curiosity can deepen self-awareness, spark creativity, support resilience, and help you become more resourceful as you navigate challenges.

Pause & Reflect

- What kinds of questions do you find yourself asking most often?
- When was the last time curiosity led you to try something new?
- How does curiosity show up when learning feels difficult or confusing?



YOUR FUN-LOVING, COOPERATIVE ABILITY TO ENGAGE WITH OTHER PEOPLE

Sociability is the muscle that helps you build positive and caring relationships.

How to Exercise: You develop sociability when you cooperate with others; work on team projects; pay attention to how your words affect others; treat everyone fairly; manage your anger; set healthy emotional boundaries; forgive; and listen to others with respect.

When you use your sociability muscles, you can also foster self-awareness, empathy, integrity, and resilience.

Sociability helps you build and maintain positive relationships. It supports your ability to connect with others, communicate your thoughts and feelings, and feel a sense of belonging in groups and communities.

When sociability is active, you're better able to collaborate, listen, share ideas, and navigate social situations with awareness and respect. Sociability doesn't mean being outgoing or comfortable in every social setting. It shows up in many ways—from quiet cooperation to confident leadership.

How Sociability Grows

You strengthen sociability when you:

- listen with attention and curiosity
- communicate honestly and respectfully
- cooperate with others toward shared goals
- practice empathy and perspective-taking
- learn how to resolve disagreements in healthy ways

Sociability grows through experience. Some interactions feel easy and energizing; others may feel awkward or challenging. Both help you learn how relationships work and how you want to show up with others.

When you exercise sociability, you often activate other inner strengths as well. Sociability is closely connected to empathy, integrity, self-awareness, and resilience—especially when relationships require patience, understanding, or repair.

Pause & Reflect

- When do you feel most connected to others?
- What helps you communicate clearly in relationships?
- How do you handle social situations that feel uncomfortable or unfamiliar?



YOUR ABILITY TO MEET AND OVERCOME CHALLENGES IN WAYS THAT MAINTAIN YOUR WELL-BEING

Resilience is the muscle that increases your determination to triumph over life's obstacles.

How to Exercise: You build resilience when you face challenges with supportive people; show courage in hard times; practice being flexible; embrace failure and imperfection as opportunities to learn; and take initiative to improve your physical and emotional health.

When you use your resilience muscles, you can also foster resourcefulness, self-awareness, empathy, and creativity.

Resilience helps you recover from setbacks, adapt to change, and keep going when life feels difficult. It supports your ability to face challenges with courage, flexibility, and determination.

When resilience is active, you're better able to manage stress, learn from mistakes, and respond to obstacles without giving up. Resilience doesn't mean ignoring pain or pretending everything is fine. It means finding ways to move forward—even when things don't go as planned.

How Resilience Grows

You strengthen resilience when you:

- allow yourself to experience difficult emotions without shutting down
- reflect on challenges and what they teach you
- seek support when you need it
- try new strategies when old ones don't work
- remind yourself that setbacks are part of learning and growth

Resilience develops over time. Each challenge you face—and survive—adds to your inner strength. Even small steps taken during hard moments help build your capacity to handle future challenges.

Pause & Reflect

- How do you usually respond when something doesn't go as planned?
- Who or what helps you bounce back during difficult times?
- What have past challenges taught you about yourself?



YOUR ABILITY TO EXAMINE AND UNDERSTAND WHO YOU ARE IN RELATION TO THE WORLD AROUND YOU

Self-awareness is the muscle that helps you make meaning from your life experiences.

How to Exercise: You cultivate self-awareness when you take time to reflect; pay attention to your thoughts, feelings, and what your body is communicating to you; explore your strengths and weaknesses; and examine your highest ideals, like gratitude, purpose, and spirituality.

When you use your self-awareness muscles, you can also foster integrity, empathy, curiosity, and resilience.

Self-awareness helps you understand yourself—your thoughts, emotions, values, strengths, and challenges. It supports your ability to reflect on your experiences and recognize how your inner world shapes your actions.

When self-awareness is active, you're better able to notice what you're feeling and why, understand how your behavior affects others, and make choices that align with who you truly are. Self-awareness creates the foundation for growth because you can't change or strengthen what you don't first recognize.

How Self-Awareness Grows

You strengthen self-awareness when you:

- reflect on your thoughts, feelings, and reactions
- notice patterns in your behavior over time
- pay attention to what energizes or drains you
- consider feedback from trusted people in your life
- make time for quiet reflection, journaling, or mindful pauses

Self-awareness often deepens during challenging moments. These experiences invite you to look inward and ask important questions about who you are and who you want to become.

Pause & Reflect

- What helps you better understand your thoughts and emotions?
- When do you feel most like yourself?
- How does knowing yourself help you make decisions or handle challenges?



YOUR ABILITY TO ACT IN WAYS THAT ARE CONSISTENT WITH YOUR IDEALS AND MORAL PRINCIPLES

Integrity is the muscle that gives you courage to stand up for who you are and what you believe.

How to Exercise: You strengthen integrity when you do what's right, show honesty, speak up when someone is being treated unfairly, respect others' beliefs even when they are different from your own, and make amends when you make mistakes.

When you use your integrity muscles, you can also foster self-awareness, empathy, curiosity, and resilience.

Integrity helps you act in ways that align with your values and beliefs. It supports your ability to make ethical choices, take responsibility for your actions, and stand up for what matters to you—even when it's difficult.

When integrity is active, your actions reflect who you are on the inside. You're more likely to be honest with yourself and others, keep commitments, and treat people with fairness and respect. Integrity helps build trust—in relationships, communities, and within yourself.

Integrity doesn't mean always knowing the "right" answer. Life often presents complex situations with no perfect solution. Integrity shows up when you pause, reflect, and choose a path that feels true to your values.

How Integrity Grows

You strengthen integrity when you:

- reflect on what matters most to you
- consider how your choices affect others
- take responsibility for your actions and mistakes
- practice honesty, even when it feels uncomfortable
- stand up for your values in everyday situations

Integrity develops through experience. Each time you make a thoughtful choice—especially under pressure—you reinforce your sense of self and deepen your confidence in who you are.

Pause & Reflect

- What values guide your decisions most strongly?
- When have you acted in a way that made you feel proud of yourself?
- How do you handle situations when your values conflict with what others expect?



YOUR ABILITY TO FIND AND USE AVAILABLE RESOURCES TO PROBLEM-SOLVE AND SHAPE YOUR FUTURE

Resourcefulness is the muscle that helps you achieve goals and maintain a hopeful outlook.

How to Exercise: You expand resourcefulness when you set realistic goals; work hard; stay on track; take sensible risks; negotiate for what you want; weigh the pros and cons of your decisions; and solve challenging problems--especially with the help of others.

When you use your resourcefulness muscles, you can also foster resilience, creativity, curiosity, and sociability.

Resourcefulness helps you find solutions, adapt to challenges, and make the most of what's available to you. It supports your ability to think creatively, seek help when needed, and take initiative when facing obstacles.

When resourcefulness is active, you're better able to approach problems with flexibility rather than frustration. You look for options, draw on your strengths and experiences, and recognize that support, tools, and ideas can come from many places—including other people.

Resourcefulness doesn't mean doing everything on your own. In fact, knowing when and how to ask for help is a powerful expression of this strength.

How Resourcefulness Grows

You strengthen resourcefulness when you:

- try different approaches to solve a problem
- use what you already know in new ways
- seek guidance or support from others
- stay open to learning from mistakes
- take initiative instead of waiting for perfect conditions

Resourcefulness develops through real-life challenges. Each time you navigate an unfamiliar situation, you build confidence in your ability to figure things out—even when the path forward isn't obvious.

Pause & Reflect

- How do you usually respond when you don't know what to do next?
- Who or what do you turn to for support when you're stuck?
- When did you surprise yourself by finding a solution you didn't expect?



YOUR ABILITY TO GENERATE NEW IDEAS AND APPRECIATE THE NATURE OF BEAUTY

Creativity is the muscle that drives your imagination and original thinking.

How to Exercise: You heighten creativity when you connect with nature, art, music, and other inspiring pursuits; make things that are new and different; notice beautiful things around you; play, laugh, and have fun with others; daydream; and seek new experiences.

When you use your creativity muscles, you can also foster sociability, curiosity, empathy, and resilience.



Creativity helps you imagine, invent, and express ideas in original ways. It supports your ability to think beyond what already exists, explore possibilities, and bring something new into the world—whether through art, problem-solving, storytelling, innovation, or everyday thinking.

When creativity is active, you're more open to experimenting, taking risks, and seeing connections others might miss. Creativity isn't limited to artistic talent. It shows up whenever you approach a situation with imagination, flexibility, and a willingness to try something different. Creativity allows you to shape your experiences rather than simply react to them.

How Creativity Grows

You strengthen creativity when you:

- explore ideas without worrying about being “right”
- allow yourself to experiment and play with possibilities
- express thoughts and feelings through words, images, movement, or sound
- combine ideas from different sources in new ways
- give yourself permission to make mistakes and revise

Creativity thrives in environments where curiosity is encouraged and mistakes are seen as part of learning. Over time, creative expression helps you better understand yourself and the world around you.

Pause & Reflect

- When do you feel most free to express your ideas?
- What activities help you think in new or unexpected ways?
- How does creativity help you solve problems or make sense of experiences?



YOUR ABILITY TO RECOGNIZE, FEEL, AND RESPOND TO THE NEEDS AND SUFFERING OF OTHERS

Empathy is the muscle that connects you to all human beings, despite their differences.

How to Exercise: You deepen empathy when you respond to others with gratitude, kindness, and compassion; get to know people who are different from you; act as a steward of the planet; and get involved in collective efforts that alleviate people's suffering.

When you use your empathy muscles, you can also foster self-awareness, sociability, curiosity, creativity, resourcefulness, integrity, and resilience—all your compass abilities!

Empathy helps you understand and care about the thoughts, feelings, and experiences of others. It supports your ability to see situations from different perspectives and respond with compassion and respect.

When empathy is active, you're better able to listen deeply, recognize emotions—both spoken and unspoken—and consider how your actions affect others. Empathy doesn't require you to agree with everyone. It asks you to *understand* before you judge. Empathy helps build trust, strengthen relationships, and create a sense of connection—especially across differences.

How Empathy Grows

You strengthen empathy when you:

- listen without interrupting or rushing to respond
- try to imagine how others might be feeling
- ask thoughtful questions to understand different perspectives
- notice emotions in yourself and others
- show kindness, even in small everyday interactions

Empathy develops through relationships and lived experiences. It often grows strongest when you encounter people whose lives, backgrounds, or viewpoints differ from your own.

Pause & Reflect

- When have you felt truly understood by someone else?
- How do you show care or concern for others in your daily life?
- How does empathy influence the way you handle conflict or disagreement?

COMPLETING THE CIRCLE

With empathy, you complete the set of eight inner strengths that make up your compass. Together, these strengths work as an integrated system—guiding how you think, relate, learn, and act in the world.

You don't need to use all of them all the time. What matters is becoming aware of how they show up for you and learning how to strengthen them through everyday experiences and relationships.

Your inner compass is always with you. As you grow and change, it continues to guide you—helping you navigate challenges, explore new directions, and move toward a life that feels meaningful and true.



Ready to Pump Your Core Compass Muscles?

Here's how your strengths grow through everyday life.

Just like the muscles in your body, you'll naturally use some of your inner strengths more often than others. And just like your body, your inner system works best when those strengths are exercised and work together.

When your body is strong and flexible, you can climb mountains—literal or metaphorical. Your inner compass works the same way.

When your core strengths are healthy and engaged, you're better able to handle life's ups and downs. You feel more confident, build stronger relationships, adapt to challenges, and find meaning in what you do.

Here's something important to remember:

You don't need to be an athlete or an A student to have a strong inner compass.

You only need to be yourself—curious, open, and willing to grow.

Your inner strengths support your whole human system—mind, heart, body, and spirit. Together, they help you navigate challenges, explore opportunities, and move forward with purpose.

The more you use your core compass muscles, the stronger they become. And when your inner compass is strong, you have more choices. You can change direction, respond thoughtfully to unexpected detours, and imagine new pathways when life doesn't go as planned.

The best part?

You're in charge.

How Your Strengths Grow—Solo and Together

Sometimes, growing your inner strengths is a **solo workout**.

You build self-awareness when you reflect, journal, or take quiet time to notice your thoughts and feelings. Curiosity and creativity often grow when you read, make art, explore nature, write, build, or experiment with ideas on your own. Integrity deepens when you reflect on what matters to you and how you want to live.



At other times, growing your strengths is a **team effort**.

When you learn with others, solve problems together, or work toward shared goals, you activate many strengths at once. Relationships—whether with friends, classmates, mentors, or family members—play a powerful role in how your inner compass develops.



Trying new things, working with people who are different from you, or stepping outside your comfort zone can feel uncomfortable at first. But that's often where growth happens.

Just like physical training, stretching yourself a little beyond what feels easy helps your whole system grow stronger.

Who's On Your Team?



Everyone needs support—people who surround us with care, acceptance, respect, and encouragement.

Your inner strengths grow more fully when you're connected to others who want you to lead a life that feels meaningful and true to you. Relationships play a powerful role in shaping how your inner compass develops over time.

Involve the Adults in Your Life

Parents, guardians, teachers, coaches, counselors, and other trusted adults are often important guides. They can help you notice your strengths, encourage your growth, and support you during challenges.

Consider talking with a trusted adult about what you're learning about yourself:

- Which inner strengths do they see in you?
- When do they notice you using them most?
- Which strengths do they think you're still growing?

You may discover that they see your inner compass a little differently than you do. That's okay. These conversations can help you better understand yourself—and strengthen your relationships at the same time.

Sometimes adults use their own strengths in ways that unintentionally limit your growth. For example, an adult who is highly organized or efficient may step in too quickly to solve problems for you, rather than giving you space to develop your own resourcefulness.

If something like this feels familiar, it's okay to talk about it. Sharing what helps you grow is part of learning to advocate for yourself.



Work With Your Peers

Your peers—friends, classmates, teammates—are also an important part of your team.

When you work together on projects, creative efforts, service activities, or shared interests, you activate many inner strengths at once. Collaboration helps you practice sociability, empathy, integrity, and resilience while learning how different people contribute in different ways.

Take time to notice:

- What strengths show up most in your group?
- How do different people contribute in different ways?
- How can you support each other's growth?

Strong teams don't rely on everyone being the same. They thrive when people recognize and value one another's strengths.

A Quiet Truth

You don't need a large group of supporters to grow strong inner strengths.

Research shows that **having just one caring, trusted adult** can make a powerful difference in a young person's life.

If you don't feel well-supported right now, you're not alone—and it's not a reflection of your worth. Support can be built over time, sometimes in unexpected places.

What matters most is staying open to connection and believing that you deserve care, guidance, and encouragement.

Find a Mentor

Here's something important to know:

Research shows that young people benefit greatly from having at least one caring, non-parent adult in their lives during their pre-teen and teenage years.

That means having a mentor matters.

A mentor is someone who knows you, listens to you, and wants the best for you. Mentors don't have to be perfect, and they don't have to have all the answers. What matters most is that they care and are willing to support your growth.

Mentors can be found in many places:

- teachers or school counselors
- coaches, tutors, or youth program leaders
- family friends or neighbors
- faith leaders or community members
- music, art, or sports instructors

If there is someone in your life who feels safe and trustworthy, consider reaching out. Asking someone to be a mentor can feel intimidating—but it's also a powerful act of self-confidence and self-advocacy.

Remember: growing your inner strengths means taking charge of your own development.



What If You Don't Have a Mentor Right Now?

Not every young person has access to supportive adults—and if that's true for you, it's not your fault.

Feeling unsupported can be painful and lonely. You are not alone in that experience.

The good news is this: research shows that even one caring adult can make a meaningful difference.

If you don't currently have someone who fills that role, consider talking with:

- a teacher or school counselor
- a coach or program leader
- a social worker, family member, or trusted adult in your community

Together, you can explore ways to find a mentor or build supportive connections over time.

Your peers can also be part of your support system. Friendships don't replace adult guidance, but they can offer understanding, encouragement, and shared strength.

Asking for help is not a sign of weakness. It is a powerful expression of resourcefulness and self-awareness.

You deserve support as you grow.

Tell Your Team What You Want

The statement below was created by teens who took time to reflect on what they most wanted from the adults in their lives.

They talked together, listened carefully, and used their voices to express what helps them feel supported, respected, and understood.

As you read it, notice what resonates with you.

Then imagine creating your own statement.



I have a DREAM ...

To be guided by my own COMPASS, not by what others believe I should be.
To LEARN and GROW from my relationships and experiences—good and bad.
To be LOVED and APPRECIATED for who I am, not just for what I ACHIEVE.

I want to BELIEVE in myself...

To feel motivated to **Learn**.
To work **Collaboratively** with others.
To overcome **Adversity**.
To feel **Alive, Aware, and Hopeful**.
To live my **Values** in the world.
To choose and change my **Goals**.
To feel **Inspired**.
To lead a **Meaningful** life.

I welcome your SUPPORT and give you mine as
we champion our hopes and dreams together.

The COMPASS

ADVANTAGE[®]

Your Turn

Now it's time to reflect on what *you* want and need from the people on your team.

You might think about:

- how you want to be treated
- what kind of support helps you grow
- how adults can encourage your independence
- what helps you feel trusted and respected
- how others can listen to you more fully

You can write your statement as:

- a paragraph
- a letter
- a list of hopes or requests
- a personal reflection

There's no single "right" way to do this. What matters is honesty.

Sharing your thoughts can feel vulnerable—but it's also empowering. When you express what you need, you help others understand how to support you more effectively.

This is part of learning to use your inner strengths—especially self-awareness, integrity, and courage—to shape your relationships and your life.

If you choose to share your statement, do so with people you trust. If you keep it private, it can still guide how you advocate for yourself moving forward.

Your voice matters.



Final Words of Encouragement

As you reach the end of this guide, remember this:

You are more than a grade, a test score, a trophy, or a future plan.

The inner strengths you've been exploring are part of who you are—not something you earn or achieve. They shape how you learn, how you relate to others, how you face challenges, and how you grow over time.

Self-awareness is often the first step. When you begin to notice your inner strengths, you gain language for understanding yourself more deeply. That understanding gives you choices—about how you respond to situations, how you treat others, and how you want to move through the world.

These eight core strengths are always with you. Some may feel strong and familiar right now. Others may still be developing. All of them can be called upon when you need guidance, courage, creativity, or connection.

Life won't always follow a straight path. There will be peaks and valleys, questions and detours. When that happens, your inner compass can help you pause, reflect, and choose your direction with intention.

Be patient with yourself. Growth doesn't happen all at once.

Keep experimenting. Keep learning. Keep paying attention to who you are becoming.

And whenever you can, use your strengths not only to guide yourself—but to support and uplift others along the way.

Your inner compass is already within you—ready to guide you. Now go explore your path—and help someone else on theirs.



With care and encouragement,
The Roots of Action Team

Roots of Action
An educational resource on positive youth development

© 2026 Marilyn Price-Mitchell PhD

This work is licensed under a [Creative Commons Attribution—NonCommercial—NoDerivatives 4.0 International License](#)
(CC BY-NC-ND 4.0)

Learn more about the research and
resources behind this guide at
www.rootsofaction.com

How to cite this guide (APA 7):

Price-Mitchell, M. (2026). *Your inner compass: A guide to understanding and growing your strengths*. Roots of Action. <https://www.rootsofaction.com>