

Childhood Compass Kit

A 7-day journey back to your authentic self. If you're here, something in you remembers—maybe it's just a whisper, or maybe it's a full-throated call. Some part of you knows that the child you were holds answers the adult you've become is searching for. This kit is your map back home.



How to Navigate Your Journey

This isn't about fixing yourself. You're not broken. This is about **remembering** who you've always been beneath the layers of "shoulds" and survival strategies. Over the next seven days, you'll move through gentle exercises designed to reconnect you with your core interests, your authentic motivations, and the path that's been waiting for you all along.

What You'll Need

- 15-30 minutes per day
- A journal or notebook
- Radical honesty and self-compassion
- Permission to let yourself feel whatever comes up



Day 1: Create Your "Little You" Timeline

Today's intention: To see the patterns that have always been there.

01

What was I obsessed with?

Not what adults wanted—what YOU chose

03

What made time disappear?

Those moments of complete absorption and flow

02

How did I spend my free time?

The activities you returned to again and again

04

What did I do when no one was watching?

Your truest, most authentic choices

Draw a simple timeline covering ages 5-15. For each age or age range, answer these questions honestly. Look for patterns across the years—which interests stayed consistent? Which evolved? How do you feel looking at this version of yourself?

Day 2: Discover Your RIASEC Type

Today's intention: To understand the 'why' beneath your interests.

The RIASEC model helps you understand your core vocational personality. Most people have 1-2 dominant types that explain the patterns in their childhood timeline.



Realistic

The Doer: hands-on, practical, mechanical. Built things, took objects apart, loved sports and tools.



Investigative

The Thinker: analytical, curious, problem-solver. Asked endless questions, did experiments, loved puzzles.



Artistic

The Creator: imaginative, expressive, original. Drew, wrote stories, made music, decorated everything.



Social

The Helper: empathetic, supportive, connector. Cared for others, taught friends, organized group activities.



Enterprising

The Persuader: leadership, influence, ambitious. Started businesses, led games, convinced others.



Conventional

The Organizer: detail-oriented, orderly, reliable. Collected and categorized, made lists, loved structure.

Days 3-4: Listen to Your Soul's Whispers

Day 3: Decode Procrastination

Stop judging your "distractions" and start listening to them.

For 24 hours, catch yourself every time you procrastinate. Don't judge—observe and record what you were avoiding and what you did instead. Your procrastination isn't a problem. It's your soul trying to tell you what you need more of in your life.

| "My distractions are data about what I'm craving."

Day 4: Permission List

Claim what your childhood already proved about you.

Write statements beginning with "I am someone who..." based on actual evidence from your childhood. Not aspirational—factual. These aren't wishes, they're truths you've forgotten. Put this list somewhere you'll see it daily and ask before every decision: "Does this honor who I am?"

Day 5: The Reclaimed Hobby Experiment

Today's intention: To remember what joy for joy's sake feels like.

Creative Expression

Drawing, painting, crafts, or building with Legos

Movement & Music

Dancing, playing instruments, singing out loud

Making & Building

Cooking for fun, gardening, or creating something with your hands

Choose ONE thing you loved as a child that you've abandoned. Schedule one hour this week to do it—put it in your actual calendar. You don't have to be good at it, share it, monetize it, or have a reason. **Joy is enough.** During your hour, notice how your body feels, what thoughts come up, and whether you feel like yourself.

Days 6-7: Speaking Your Truth




Day 6: Letter to Little You

Picture yourself at age 10. Really see that child. Ask them: "What do you need from me right now?" Write a letter telling them what you wish someone had told you then, what you see now about who they are, and the permission you're giving them—and yourself.



Day 7: The Brave Conversation

Tell one person you trust: "When I was little, I wanted to be/do [childhood dream]. I haven't talked about this in a long time, but it still matters." You're not committing to anything. You're just letting the dream breathe.

 **Why this matters:** When we speak our truth to a witness, it becomes real in a new way. It stops being a secret shame or private fantasy and becomes a legitimate part of our story.

Three Paths Forward

Based on what you discovered, you might choose one of these approaches. There's no right answer—the goal isn't dramatic transformation, it's authentic alignment.



Gentle Integration

Bring small doses of your interests into your current life. Join a community, start a hobby on weekends, volunteer in a related field. Honor yourself in manageable ways that feel sustainable and joyful.



Intentional Shift

Make strategic changes within your current career. Pivot to a different role, department, or focus area that better aligns with your type. Use what you've learned to guide your next professional move.



Bold Reimagining

Pursue significant change—whether that's going back to school, starting a business, or making a full career transition. Trust that your childhood compass is pointing you toward something meaningful.

Moving Forward: Integration Questions

You've spent a week coming home to yourself. That's not a small thing. As you complete this journey, take time to reflect deeply on what you've discovered.

Key Reflections

- What did I discover about myself that I'd forgotten?
- Which day's exercise had the biggest impact on me?
- What pattern across my childhood is the clearest?
- How aligned is my current life with my core interests?
- What's one change I could make in the next month?

Complete this sentence: "Within the next 30 days, I will honor my childhood compass by..."



You Don't Have to Figure This Out Alone

Your younger self isn't disappointed in you. They're not judging the detours you took or the time it's taken to remember. They're just so glad you're finally listening. Whatever you discovered in this kit—whether it confirmed what you suspected or completely surprised you—trust that the knowing itself is the first step home.

Free Resources

CareerKey.org, MyPlan.com, and Truity.com offer free RIASEC assessments to deepen your understanding of your vocational personality and interests.

We're Here to Help

We offer one-on-one guidance sessions, career alignment coaching, and support for navigating big life transitions. Reach us on WhatsApp at +254 720 202 299 or email hello@arcaneguides.com

You've always known who you are. You just forgot for a while. Welcome back.

With love and light,

The Arcane Guides Team