



Find Your Compass

A printable companion to the E-motion Monsters™ deck and The Ahava Way.

60 values • 10 anti-values • a guided way to find what you live by

How to find your compass

Print these pages and cut along the light lines. You'll have a deck of value cards. Here is a simple way to find the few that truly matter.

1 • First pass

Go through the whole deck once. Sort each card into two piles: important to me, or not important to me. Move quickly. Don't overthink it; your gut knows more than you'd expect.

2 • Narrow

Set the “not important” pile aside. Take the “important” pile and go through it again, this time asking a harder question: what really matters to me, not what I wish mattered, or what I think should matter.

3 • Repeat

Keep going through the pile, narrowing each time. With every pass, ask the same question and let the pile get smaller. This part is meant to be slow. It's supposed to be a little hard.

4 • Land on about ten

Stop when you have roughly ten cards. These are your core values, your compass. Keep them somewhere you can see them. When a storm comes and you don't know which way to row, this is where you look.

CHARACTER & INTEGRITY

Authenticity

Being true to yourself, without pretense, choosing honesty about who you actually are over the performance of who you think you should be.

PSALM 139:14

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

CHARACTER & INTEGRITY

Integrity

Living so your actions match your values when no one is watching. Integrity is the quiet alignment between who you say you are, who you are when seen, and who you are when alone.

PROVERBS 10:9

"Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out."

CHARACTER & INTEGRITY

Self-respect

Honoring your own worth, your own limits, and your own voice. Self-respect is the practice of treating yourself the way you would treat someone you love.

1 CORINTHIANS 6:19-20

"Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies."

CHARACTER & INTEGRITY

Self-discipline

Doing what you said you would do, even when the feeling is gone. Self-discipline is not punishment; it is the practice of keeping promises to yourself.

2 TIMOTHY 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline."

RELATIONAL & CARING

Love

Deep, durable care that chooses the good of another over time. Love is not a feeling that comes and goes; it is the practice of remaining.

1 CORINTHIANS 13:4-7

"Love is patient, love is kind... It always protects, always trusts, always hopes, always perseveres."

CHARACTER & INTEGRITY

Honesty

Telling the truth in your words and your actions. Honesty is more than not lying; it is refusing the small daily edits that make you look better than you are.

PROVERBS 12:22

"The Lord detests lying lips, but he delights in people who are trustworthy."

CHARACTER & INTEGRITY

Humility

Knowing your limits without diminishing your worth. Humility is not thinking less of yourself; it is thinking of yourself less.

PHILIPPIANS 2:3

"Do nothing from rivalry or conceit, but in humility count others more significant than yourselves."

CHARACTER & INTEGRITY

Self-awareness

Knowing your own emotions, motivations, patterns, and limits, and being willing to keep looking, even when what you find is uncomfortable.

2 CORINTHIANS 13:5

"Examine yourselves to see whether you are in the faith; test yourselves."

RELATIONAL & CARING

Compassion

Feeling with another person in their suffering, and being moved to respond. Compassion is empathy that doesn't stay in the chair.

COLOSSIANS 3:12

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience."

RELATIONAL & CARING

Connection

Building real bonds with real people. Connection is the willingness to be known and to know, without the masks, the management, or the distance.

HEBREWS 10:24-25

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."

RELATIONAL & CARING

Belonging

Knowing you are part of something: a family, a community, a people. Belonging is not earned by performance; it is received by being claimed.

EPHESIANS 2:19

"So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God."

RELATIONAL & CARING

Family

Honoring the people you are given and the people you choose. Family is the small unit where love is most tested and most formed.

JOSHUA 24:15

"But as for me and my household, we will serve the Lord."

RELATIONAL & CARING

Respect

Treating every person as someone made in God's image, regardless of agreement, status, or behavior. Respect is dignity offered before it is earned.

1 PETER 2:17

"Show proper respect to everyone, love the family of believers, fear God, honor the emperor."

COURAGE & STRENGTH

Courage

Acting despite fear, not in the absence of it. Courage is not the feeling of being brave; it is the choice to move forward when staying still would be easier.

DEUTERONOMY 31:6

"Be strong and courageous. Do not be afraid or terrified... for the Lord your God goes with you; he will never leave you nor forsake you."

COURAGE & STRENGTH

Perseverance

Continuing on when the feeling to quit has come and gone many times. Perseverance is the discipline of one more step.

JAMES 1:12

"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."

RELATIONAL & CARING

Friendship

Choosing the slow, faithful work of being known and knowing. Friendship is presence over time, in the ordinary and the hard.

PROVERBS 17:17

"A friend loves at all times, and a brother is born for adversity."

RELATIONAL & CARING

Nurturing

Tending what's growing, in others and in yourself. Nurturing is the patient work of helping something become what it was made to be.

1 THESSALONIANS 5:11

"Therefore encourage one another and build each other up, just as in fact you are doing."

RELATIONAL & CARING

Kindness

Choosing care for another person, even when it costs you comfort, approval, or ease. Kindness is rooted in the worth of the person in front of you, not in how you want to be seen. Different from niceness, which performs care to keep the peace.

GALATIANS 5:22-23

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

COURAGE & STRENGTH

Strength

The capacity to bear what life asks you to bear. Strength is not the absence of struggle; it is the willingness to remain in it.

ISAIAH 40:31

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary."

COURAGE & STRENGTH

Resilience

The capacity to bend without breaking, and to recover after you've been broken. Resilience is not toughness; it is the slow grace of returning.

2 CORINTHIANS 4:8-9

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; struck down, but not destroyed."

COURAGE & STRENGTH

Tolerance

Staying with discomfort without fleeing it. Accepting people as they are without needing them to change for your comfort. Tolerance is the quiet strength of being able to feel hard things, hear hard truths, and remain in hard relationships without collapse, escape, or attack.

JAMES 1:2-4

"Consider it pure joy whenever you face trials of many kinds, because the testing of your faith produces perseverance."

ACTION & EXECUTION

Responsibility

Owning your actions, your impact, and your share. Responsibility is the refusal to outsource your life to circumstances, other people, or the past.

GALATIANS 6:5

"For each will have to bear his own load."

ACTION & EXECUTION

Excellence

Caring deeply about how the work is done. Excellence is the refusal to give less than your best, not because you have to perform, but because the work is worth doing well.

1 CORINTHIANS 10:31

"So whether you eat or drink or whatever you do, do it all for the glory of God."

ACTION & EXECUTION

Leadership

Going first, especially when going first costs something. Leadership is not authority; it is the willingness to bear weight others cannot yet bear.

1 TIMOTHY 4:12

"Don't let anyone look down on you because you are young, but set an example for the believers."

MIND & GROWTH

Knowledge

Pursuing truth, about the world, about yourself, about God. Knowledge is the patient gathering of what is real.

PROVERBS 18:15

"The heart of the discerning acquires knowledge, for the ears of the wise seek it out."

ACTION & EXECUTION

Commitment

Staying with what you said you would stay with. Commitment is the daily decision to keep your word to people, to work, and to yourself.

1 KINGS 8:61

"Let your heart therefore be wholly true to the Lord our God, walking in his statutes and keeping his commandments."

ACTION & EXECUTION

Diligence

Showing up for the work, day after day, even when no one notices. Diligence is the value of the unglamorous middle.

PROVERBS 13:4

"The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied."

ACTION & EXECUTION

Consistency

Being the same person across rooms, days, and seasons. Consistency is what makes you trustworthy, to others and to yourself.

1 CORINTHIANS 15:58

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord."

MIND & GROWTH

Wisdom

Knowing what to do with what you know. Wisdom is knowledge tempered by experience, prayer, and humility.

PROVERBS 2:6

"For the Lord gives wisdom; from his mouth come knowledge and understanding."

MIND & GROWTH

Curiosity

Wanting to understand. Curiosity is the opposite of certainty, and the prerequisite to growth, intimacy, and learning.

PROVERBS 25:2

"It is the glory of God to conceal a matter; to search out a matter is the glory of kings."

MIND & GROWTH

Learning

Remaining a student. Learning is the practice of being willing to be wrong, to begin again, and to be taught by anyone.

PROVERBS 1:5

"Let the wise hear and increase in learning, and the one who understands obtain guidance."

MIND & GROWTH

Open-mindedness

Being willing to be wrong. Open-mindedness is not the absence of conviction; it is the humility to hold your conviction with curiosity.

PROVERBS 18:15

"The heart of the discerning acquires knowledge, for the ears of the wise seek it out."

MIND & GROWTH

Clarity

Seeing what is actually here. Clarity is the slow work of removing noise, story, and assumption until what's real can be named.

1 CORINTHIANS 14:33

"For God is not a God of confusion but of peace."

SPIRITUAL & INNER LIFE

Faith

Trusting what you cannot yet see. Faith is not certainty; it is the willingness to move forward with God when the path is not yet visible.

HEBREWS 11:1

"Now faith is confidence in what we hope for and assurance about what we do not see."

SPIRITUAL & INNER LIFE

Spirituality

Tending the relationship with God that shapes everything else. Spirituality is the awareness that you are not the center, and the practice of orienting around the one who is.

ROMANS 12:1

"Therefore, I urge you... to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship."

MIND & GROWTH

Growth

Becoming more than you were. Growth is slow, often invisible, and rarely linear, but always available.

2 PETER 3:18

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

MIND & GROWTH

Creativity

Bringing something into being that was not there before. Creativity is co-laboring with the Creator: making, imagining, building, repairing.

EXODUS 35:31-32

"And he has filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills."

MIND & GROWTH

Order

Bringing structure to what feels chaotic: in your space, your time, your inner life, your relationships. Order is not control or rigidity. It is the practice of creating conditions where peace, presence, and growth can happen. God ordered creation before He filled it.

GENESIS 1:2-3

"The earth was without form and void... And the Spirit of God was hovering over the face of the waters. And God said, 'Let there be light,' and there was light."

SPIRITUAL & INNER LIFE

Hope

Holding onto a good future that is not yet here. Hope is the discipline of the long view.

ROMANS 15:13

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope."

SPIRITUAL & INNER LIFE

Gratitude

Recognizing what you have been given. Gratitude is the practice of noticing, and it is the antidote to entitlement, comparison, and despair.

1 THESSALONIANS 5:18

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

SPIRITUAL & INNER LIFE

Mindfulness

Being where you are. Mindfulness is the practice of returning attention to this moment, this body, this breath, this person, over and over.

MATTHEW 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

SPIRITUAL & INNER LIFE

Purpose

Living with a sense of why. Purpose is not the same as success; it is the deep knowing that your life is for something.

JEREMIAH 29:11

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

EMOTIONAL & INNER STATE

Calm

A settled body, a quiet mind. Calm is the felt experience of safety, not always available, but always worth returning to.

PHILIPPIANS 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

EMOTIONAL & INNER STATE

Contentment

Being okay with what you have, where you are, and who you are, without giving up on growth. Contentment is the rest underneath the striving.

PHILIPPIANS 4:11-12

"For I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty."

EMOTIONAL & INNER STATE

Vitality

Living fully alive. Vitality is the felt experience of energy, presence, and aliveness in body, mind, and spirit.

JOHN 10:10

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

SPIRITUAL & INNER LIFE

Solitude

Choosing time alone with God. Solitude is not isolation; it is the practice of stillness that makes everything else possible.

MARK 1:35

"Very early in the morning, while it was still dark, Jesus got up... and went off to a solitary place, where he prayed."

EMOTIONAL & INNER STATE

Peace

Inner stillness that does not depend on outer circumstance. Peace is not the absence of trouble; it is the presence of God in the middle of it.

JOHN 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled."

EMOTIONAL & INNER STATE

Joy

Deep delight that does not depend on happiness. Joy is the steady current beneath the surface waves of feeling.

PHILIPPIANS 4:4

"Rejoice in the Lord always. I will say it again: Rejoice!"

EMOTIONAL & INNER STATE

Optimism

Expecting good. Optimism is not naivety; it is the chosen lens of someone who has seen what redemption looks like.

ROMANS 8:28

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

SERVICE & OUTWARD

Service

Using what you have for the good of others. Service is not self-erasure; it is the joyful spending of yourself for something beyond yourself.

GALATIANS 5:13

"Serve one another humbly in love."

SERVICE & OUTWARD

Generosity

Freely giving from what you've been given: your time, attention, energy, gifts, resources, and presence. Generosity flows from gratitude: when you know what's yours is a gift, you hold it open-handed. Stewardship is what makes you free to give it away.

1 CHRONICLES 29:14

"But who am I, and what is my people... For all things come from You, and of Your own have we given You."

SERVICE & OUTWARD

Justice

Wanting what is right for everyone, especially those most easily overlooked. Justice is the value that protects the powerless.

MICAH 6:8

"He has shown you, O mortal, what is good... To act justly and to love mercy and to walk humbly with your God."

WAY OF BEING

Flexibility

Holding plans with an open hand. Flexibility is the practice of remaining adaptable without losing your center.

JAMES 4:13-15

"Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'"

WAY OF BEING

Vulnerability

Being seen as you actually are. Vulnerability is not weakness; it is the courage to let what's true about you be known.

2 CORINTHIANS 12:9

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

WAY OF BEING

Beauty

Noticing and creating what is lovely. Beauty is not decoration; it is testimony to the One who made things good.

PSALM 27:4

"One thing I ask from the Lord... that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord."

SERVICE & OUTWARD

Forgiveness

Releasing the right to retaliate. Forgiveness is not forgetting or excusing; it is the slow, often costly work of refusing to be held by what was done.

COLOSSIANS 3:13

"Bear with each other and forgive one another... Forgive as the Lord forgave you."

WAY OF BEING

Freedom

Living from grace, not from fear. Freedom is not the absence of constraint; it is the absence of bondage to the wrong masters.

GALATIANS 5:1

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

WAY OF BEING

Simplicity

Choosing less so you have more of what matters. Simplicity is the discipline of removing what is not essential.

1 TIMOTHY 6:6-8

"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it."

WAY OF BEING

Wonder

Letting yourself be amazed. Wonder is the posture of someone who refuses to grow numb to the world.

PSALM 8:3-4

"When I consider your heavens, the work of your fingers... what is mankind that you are mindful of them?"

WAY OF BEING

Health

Tending your body, mind, and spirit as gifts. Health is not a moral achievement; it is faithful stewardship of what you've been given.

3 JOHN 1:2

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

Before you go

These are often named as values, but they're more frequently wounds wearing values' clothing. Each one drives action like a real value does, but the action is protective rather than generative.

1 • Read slowly

Go through the anti-values one at a time. For each, ask honestly: does this feel like a value I live by?

2 • Notice without shame

If one does feel like yours, that's not a failure. It's information. A wound that learned to organize your life is still doing its best to keep you safe.

3 • Trace it back

Gently ask what in your history — what events, what seasons, what relationships — may have made this a wound that hardened into a value system. Wounds become values when they once kept us safe.

4 • Turn toward what's true

Read the line beneath each one. Let it reorient you. You don't have to dismantle the wound today. Only notice it, name it, and turn, even slightly, toward what is true.

WATCH FOR THIS

Safety

A real human need, but when it becomes a value, it usually means a fear of harm has organized your life. The pursuit of total safety closes you off from love, risk, growth, and calling.

TURN TOWARD THIS

You were not made for safety. You were made for trust.

PSALM 56:3

"When I am afraid, I put my trust in you."

WATCH FOR THIS

Control

A survival strategy disguised as competence. Control is what we reach for when we have lived through chaos. It feels like responsibility, but it's often fear in a suit.

TURN TOWARD THIS

You can let go. You are not the one holding everything together.

PROVERBS 3:5-6

"Trust in the Lord with all your heart, and do not lean on your own understanding."

WATCH FOR THIS

Approval

The need to be liked, accepted, chosen. Approval-seeking is often confused with kindness, service, or love, but the orientation is toward your own acceptance, not the other's good.

TURN TOWARD THIS

You are already accepted in the One who chose you first.

GALATIANS 1:10

"Am I now trying to win the approval of human beings, or of God?... I would not be a servant of Christ."

WATCH FOR THIS

Certainty

The need to know for sure. Certainty as a value closes off mystery, faith, and the humility of admitting you don't have it figured out.

TURN TOWARD THIS

Faith is for what you cannot yet see.

2 CORINTHIANS 5:7

"For we live by faith, not by sight."

WATCH FOR THIS

Wealth

The pursuit of having more. Wealth itself is not evil, but wealth as an organizing value will hollow you out. The need for it often hides a deeper fear of scarcity or invisibility.

TURN TOWARD THIS

Your worth is not measured in what you possess.

1 TIMOTHY 6:10

"For the love of money is a root of all kinds of evil... pierced themselves with many griefs."

WATCH FOR THIS

Security

Cousin to safety. Often a protection against past instability: financial, relational, emotional. Security as a value can quietly run your decisions while staying invisible.

TURN TOWARD THIS

The only secure thing is the One who holds you.

PSALM 62:1-2

"Truly my soul finds rest in God... he is my rock and my salvation, my fortress, I will never be shaken."

WATCH FOR THIS

Recognition

The need to be seen, named, applauded. Recognition often hides under values like excellence or service, but when the work depends on being noticed, the wound is leading.

TURN TOWARD THIS

You are already seen by the One whose seeing matters.

MATTHEW 6:1

"Be careful not to practice your righteousness in front of others to be seen by them."

WATCH FOR THIS

Comfort

Avoidance dressed as self-care. Comfort as a value will keep you small, unchallenged, and unchanged. The Christian life is not a life optimized for comfort.

TURN TOWARD THIS

Growth requires discomfort. You are made for more than ease.

MATTHEW 16:24

"Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

WATCH FOR THIS

Independence

Often named as a virtue ("I don't need anyone"), but more often a wound dressed as strength. It can mask a fear of being let down, a refusal to be vulnerable, or distance from God and others. We were made for dependence on God and interdependence with people.

TURN TOWARD THIS

The opposite of independence is not weakness. It is communion.

JOHN 15:5

"I am the vine; you are the branches... apart from me you can do nothing."

WATCH FOR THIS

Pride (as status)

Not the satisfaction of work well done — that's Excellence. Pride-as-status is the need to be above, ahead, or better-than. It separates you from others and from grace.

TURN TOWARD THIS

You are loved at the bottom as much as at the top.

PROVERBS 16:18

"Pride goes before destruction, a haughty spirit before a fall."

Keep going with Quiet Harbor

Quiet Harbor puts the E-motion Monsters and your compass in your pocket. When a storm hits in real life, you can name what is happening, notice the passengers aboard, find where it lives in your body, pause to pray, return to your values, and choose your next step, right where you are.

Scan to begin.



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About this companion

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E-motion Monsters™ co-created with Feral Pigeon.

Quiet Harbor app created by Feral Pigeon.

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