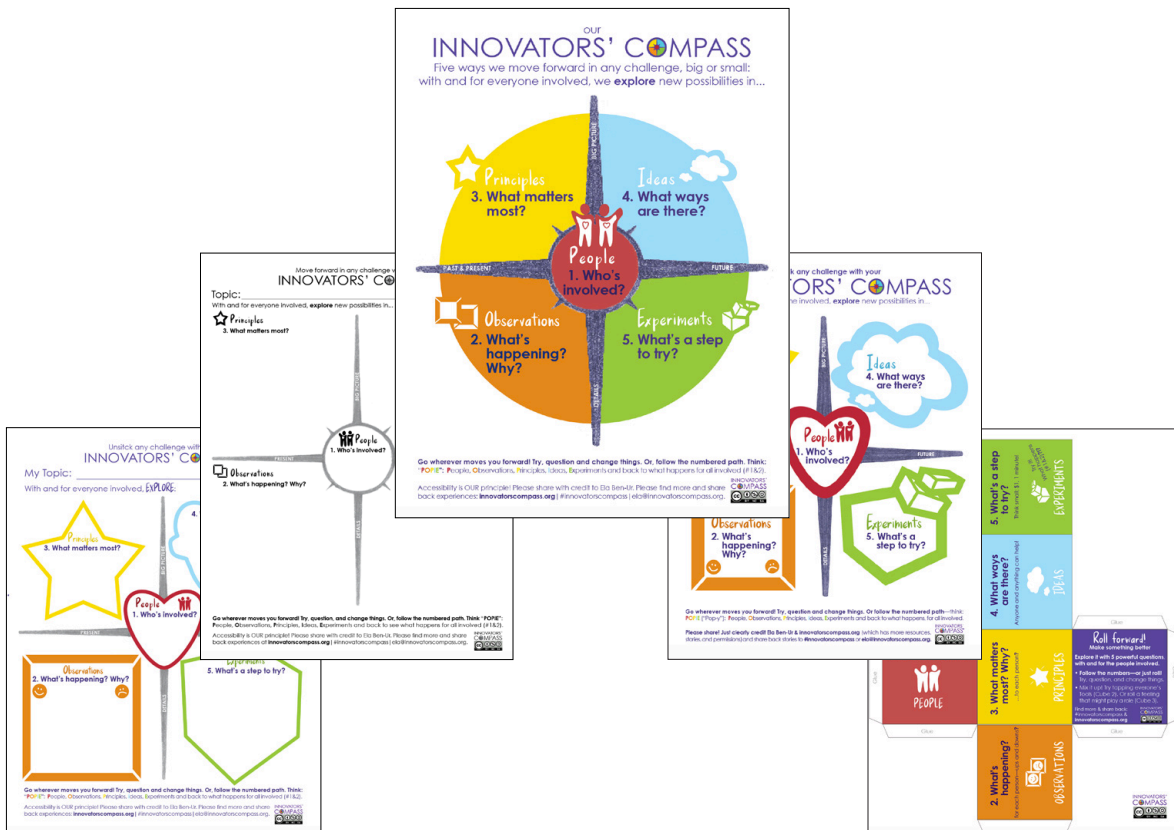


# FIND FLOW & LET GO

## Visual SEL tools to get unstuck

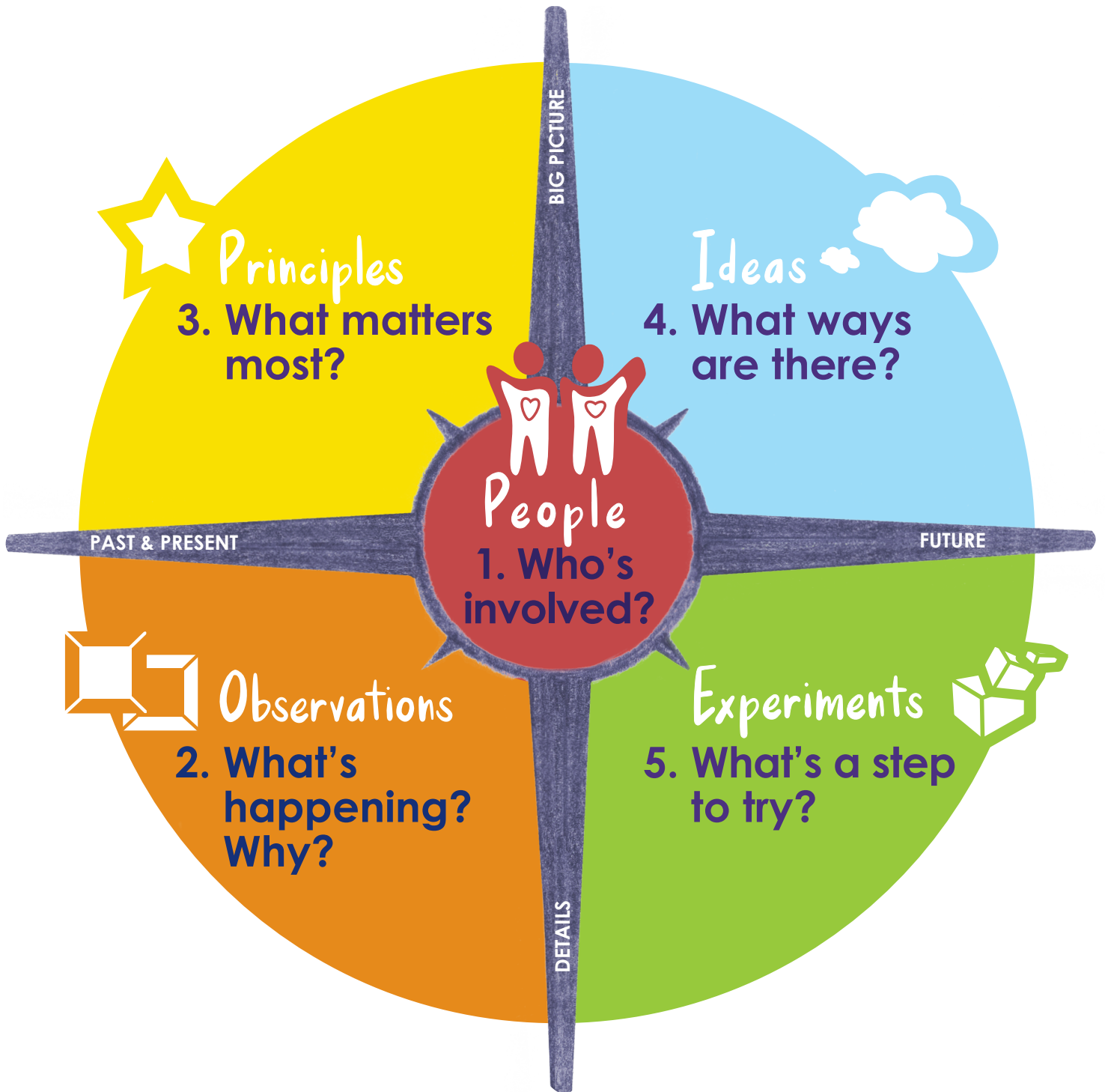
Here's a selection of the all-free resources at [innovatorscompass.org](http://innovatorscompass.org) to complement this workshop,



# POSTERS

# our INNOVATORS' COMPASS

Five ways we move forward in any challenge, big or small: with and for everyone involved, we **explore** new possibilities in...



Go wherever moves you forward! Try, question and change things. Or follow the numbered path—think: **POPIE** ("Pop-y"): **P**eople, **O**bservations, **P**inciples, **I**deas, **E**xperiments and back to what happens, for all involved.

Please share! Just clearly credit **Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to **#innovatorscompass** or **ela@innovatorscompass.org**.



# our INNOVATORS' COMPASS

Five ways we move forward in any challenge, big or small:  
with and for everyone involved, we **explore** new possibilities in...



Go wherever moves you forward! Try, question and change things. Or follow the numbered path—think: **POPIE** ("Pop-y"): **P**eople, **O**bservations, **P**inciples, **I**deas, **E**xperiments and back to what happens, for all involved.

Please share! Just clearly credit **Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to **#innovatorscompass** or **ela@innovatorscompass.org**.



INNOVATORS' COMPASS

People Finding Better Ways Forward

# WORKSPACES

# Unstick any challenge with your INNOVATORS' COMPASS

Topic: \_\_\_\_\_

With and for everyone involved, **explore...**



**3. What matters most?**



**4. What ways are there?**

BIG PICTURE



**1. Who's involved?**

PAST & PRESENT



**2. What's happening? Why?**

FUTURE



**5. What's a step to try?**

DETAILS



**Seek new possibilities in this order or any way that moves you forward.** Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

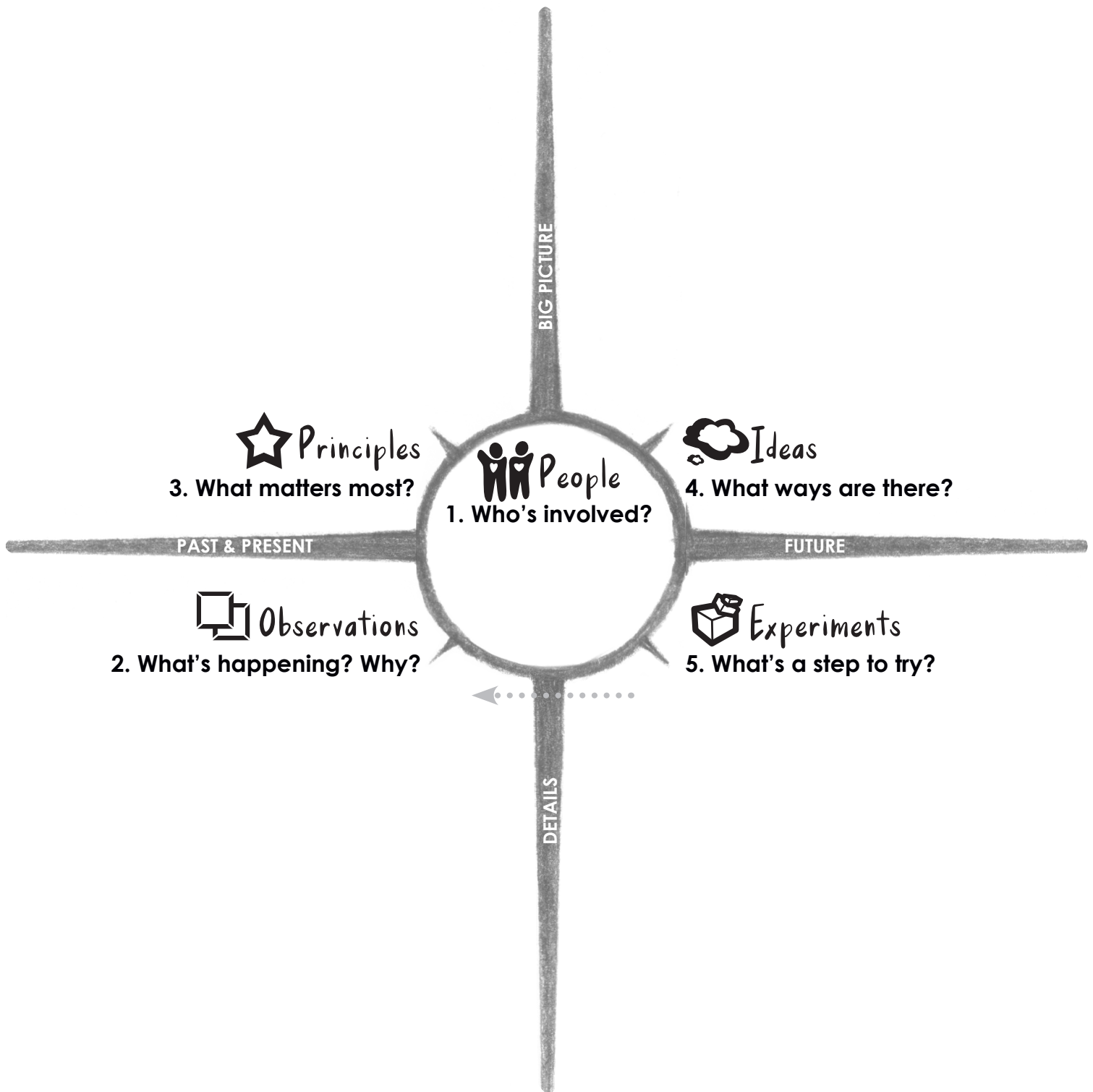
**Please share! Just clearly credit Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to **#innovatorscompass** or **ela@innovatorscompass.org**.



# Unstick any challenge with your INNOVATORS' COMPASS

Topic: \_\_\_\_\_

With and for everyone involved, **explore...**



**Seek new possibilities in this order or any way that moves you forward.** Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

**Please share! Just clearly credit Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).



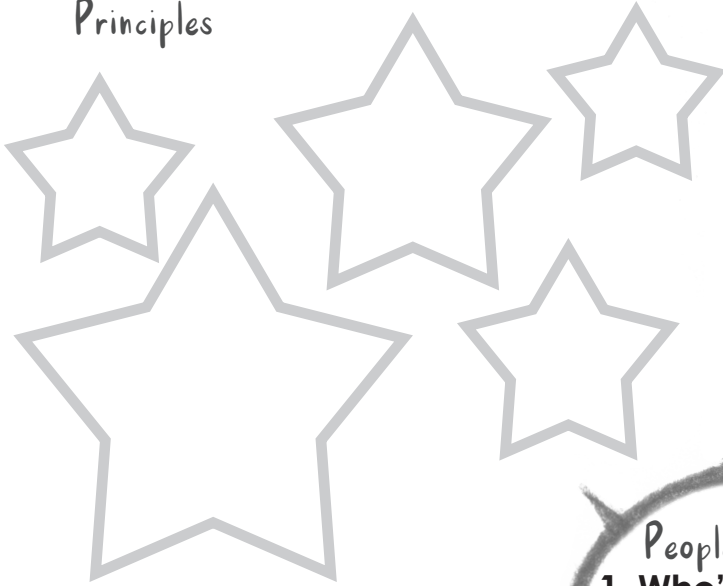
# Unstick any challenge with your INNOVATORS' COMPASS

Topic: \_\_\_\_\_

With and for everyone involved, explore...

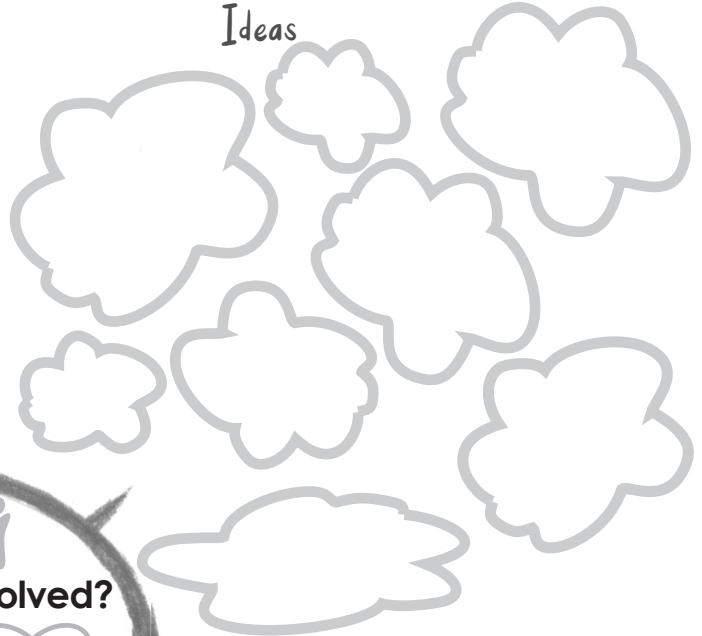
## 3. What matters most?

Principles



## 4. What ways are there?

Ideas



BIG PICTURE

## 1. Who's involved?



PAST & PRESENT

## 2. What's happening? Why?

Observations (both 😊 and ☹️)



FUTURE

## 5. What's a step to try?

Experiments



DETAILS

**Seek new possibilities in this order or any way that moves you forward.** Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

**Please share! Just clearly credit Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).

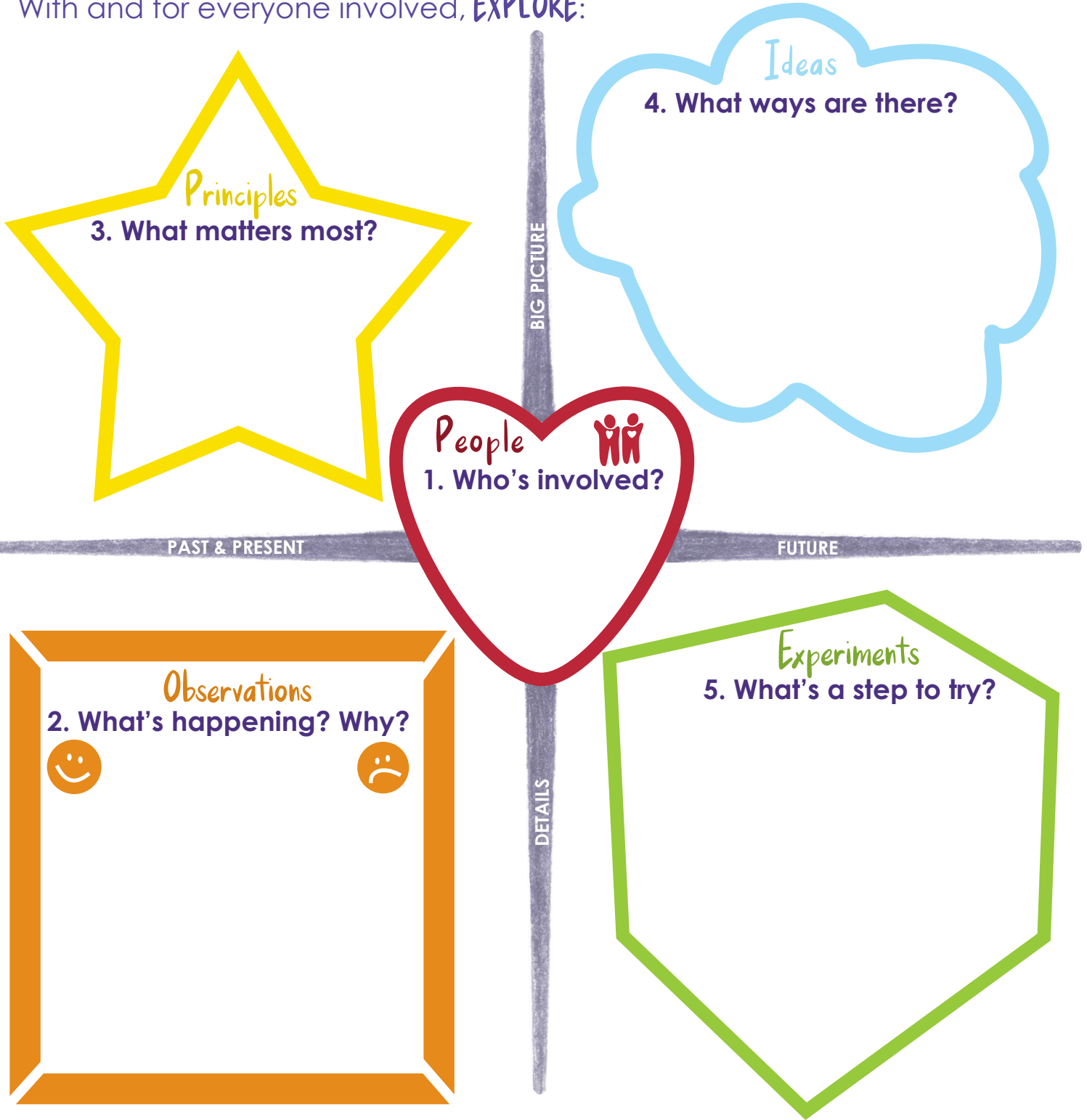




# Unstick any challenge with your INNOVATORS' COMPASS

My Topic: \_\_\_\_\_

With and for everyone involved, EXPLORE:



Seek new possibilities in this order or any way that moves you forward. Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

Please share! Just clearly credit Ela Ben-Ur & [innovatorscompass.org](http://innovatorscompass.org) (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).



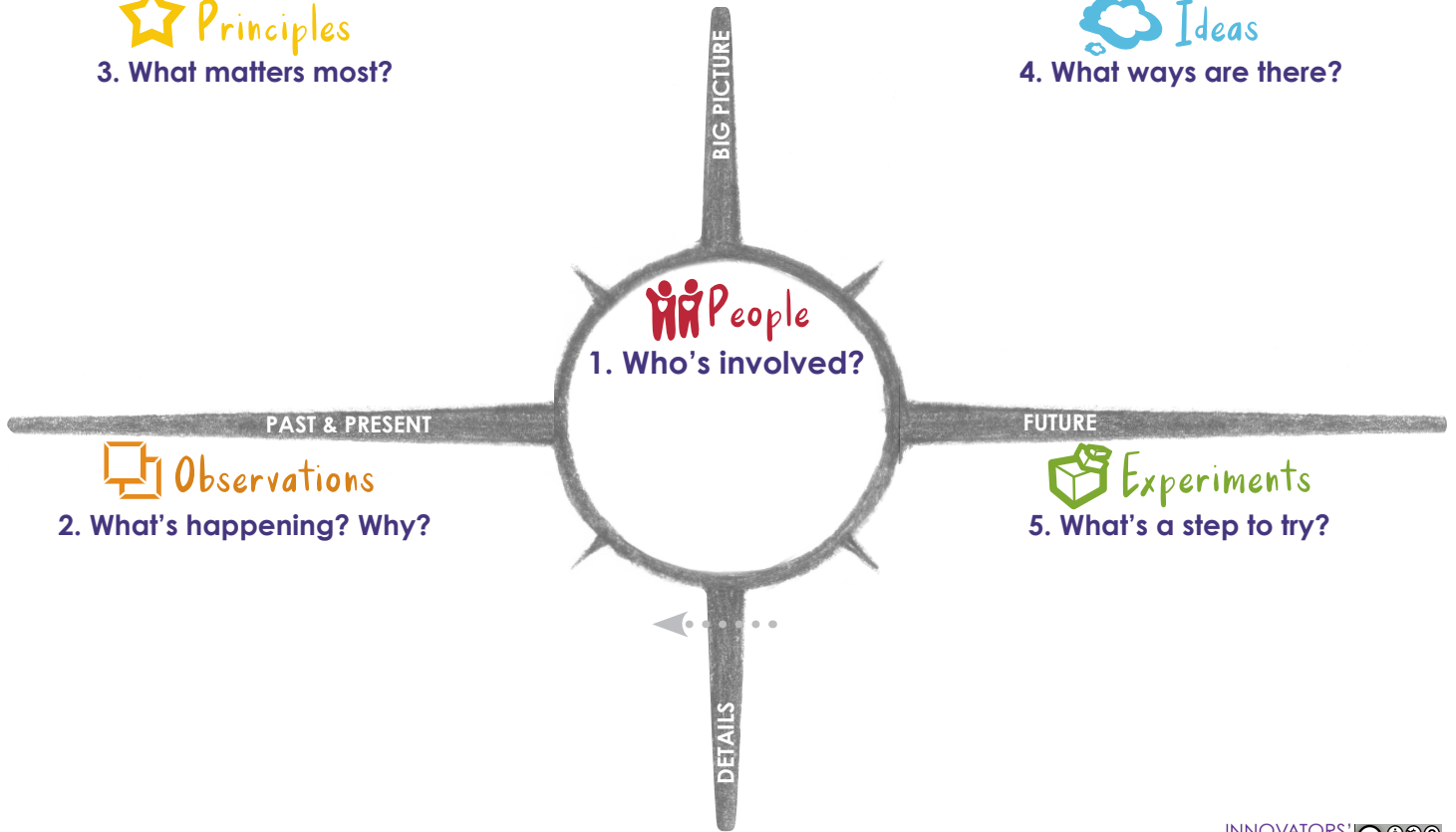
With and for everyone involved, **explore...**



3. What matters most?



4. What ways are there?



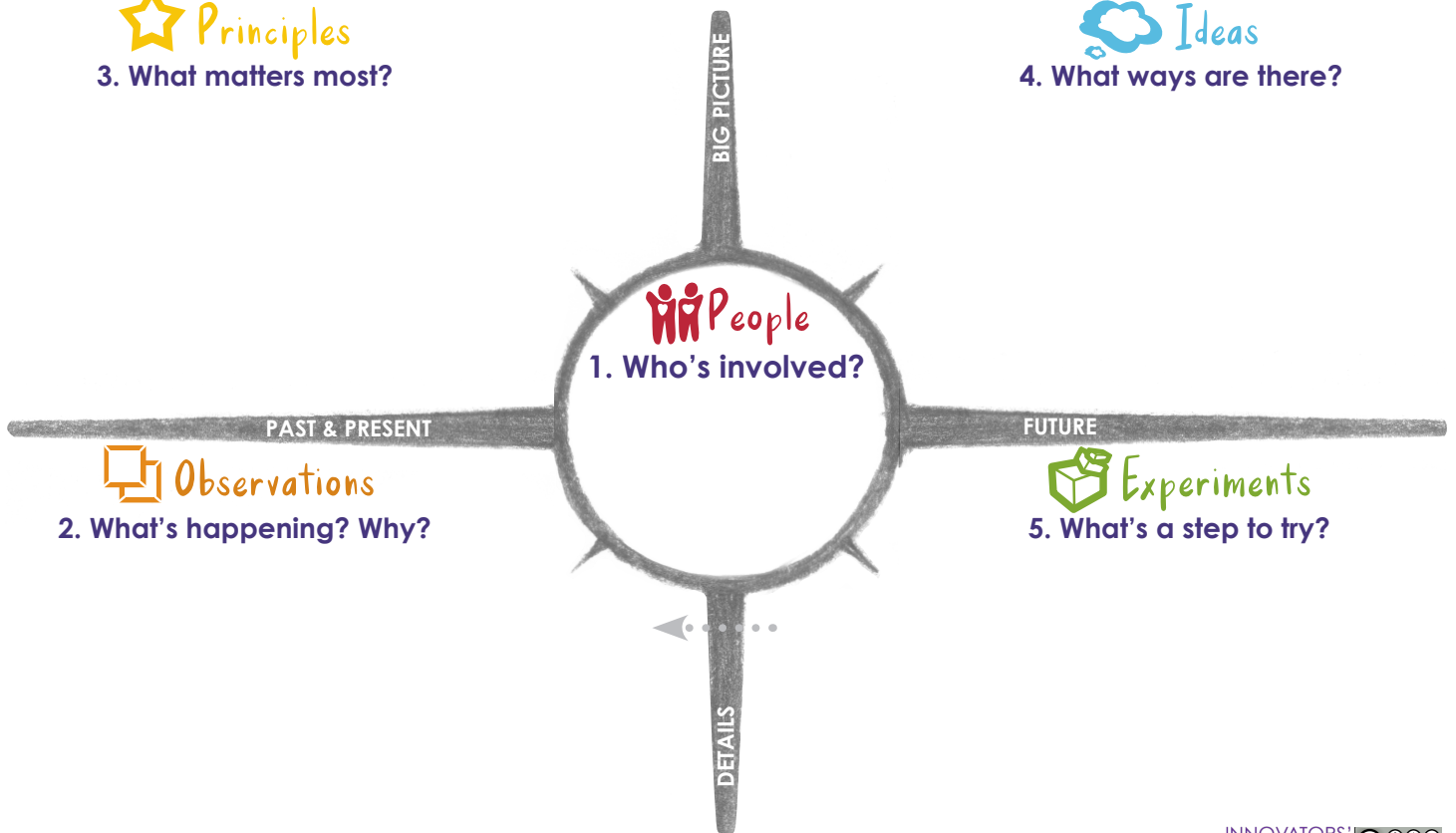
With and for everyone involved, **explore...**



3. What matters most?



4. What ways are there?



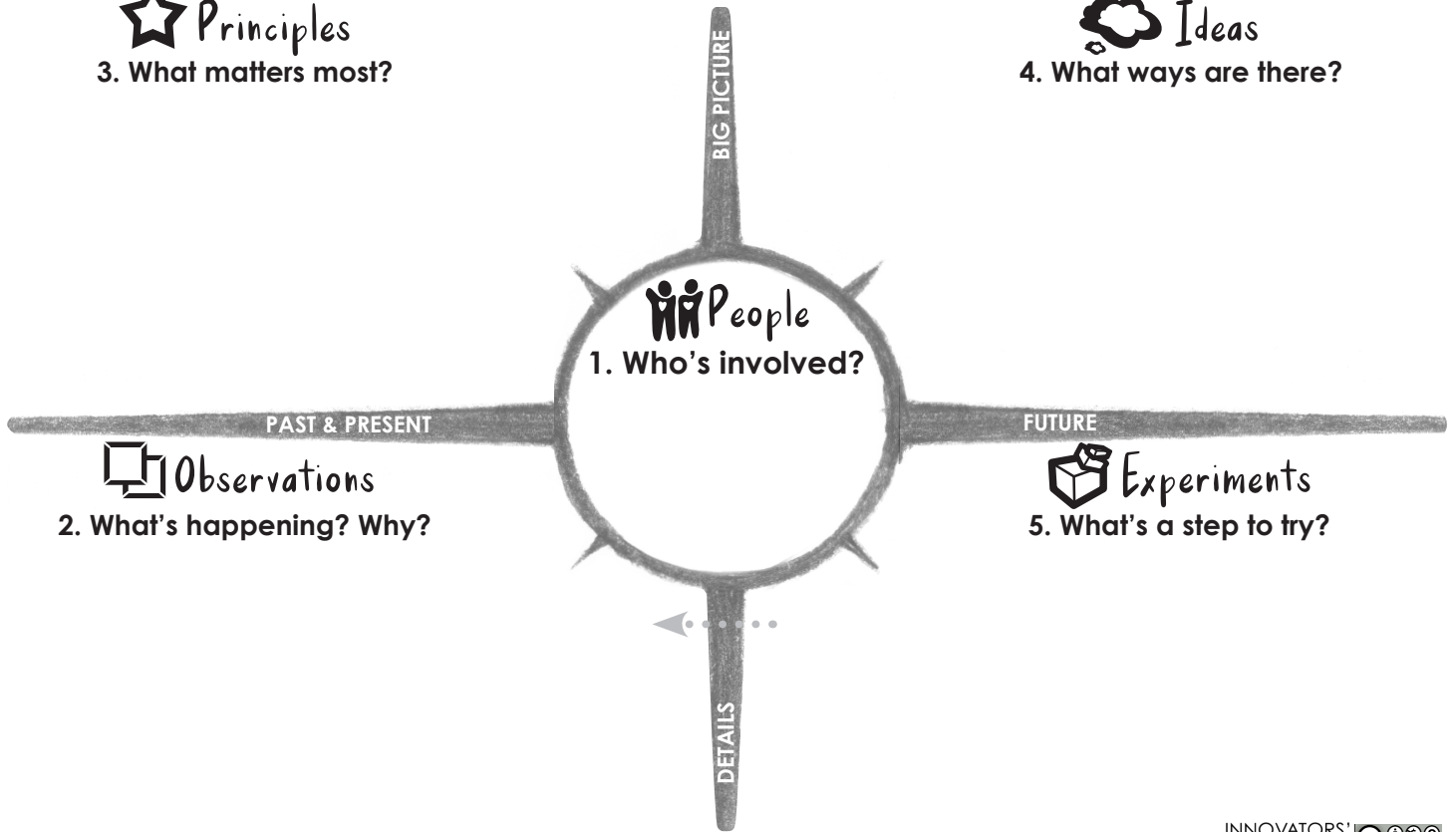
With and for everyone involved, explore...



3. What matters most?



4. What ways are there?



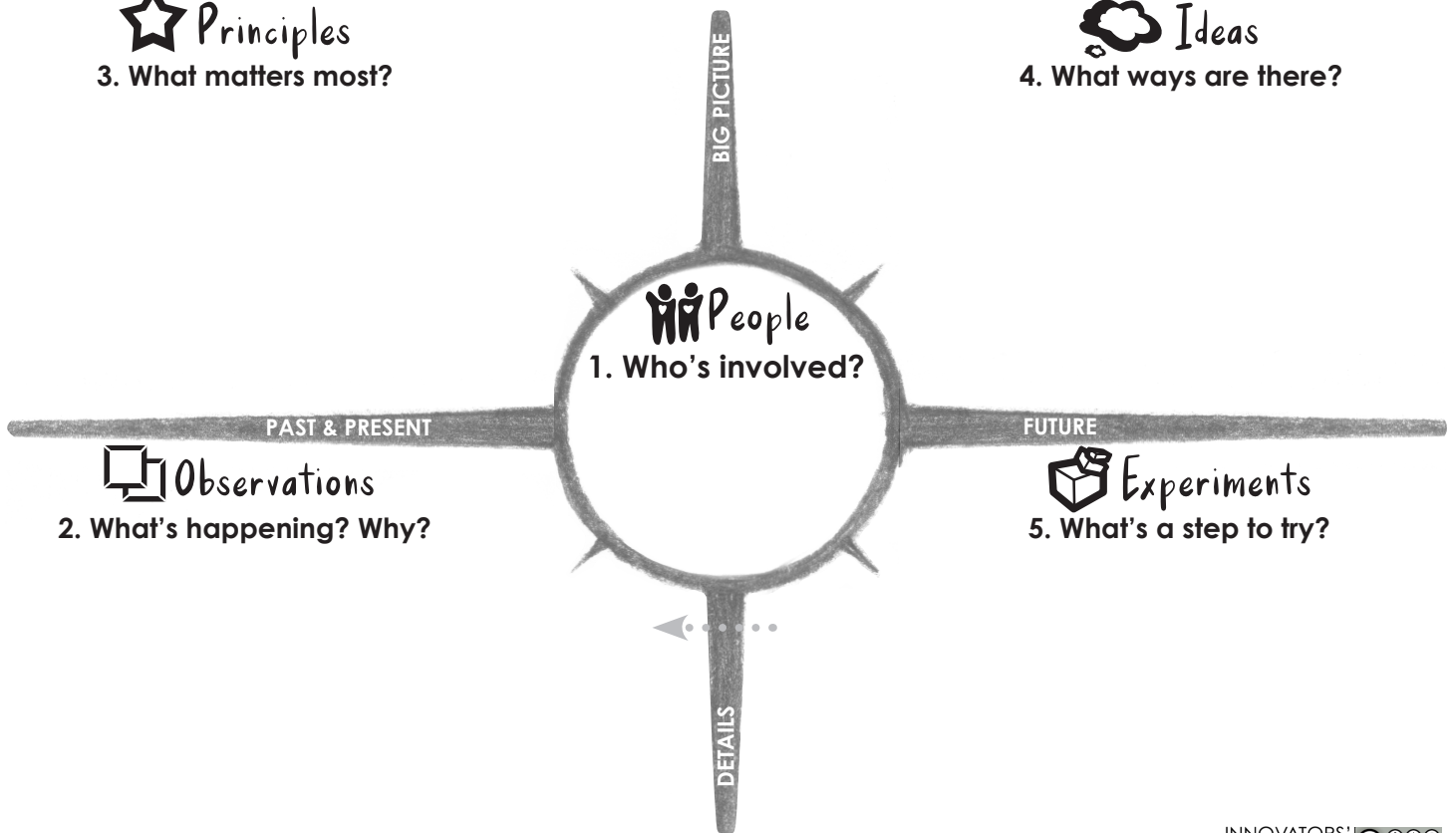
With and for everyone involved, explore...



3. What matters most?



4. What ways are there?



# INNOVATORS' COMPASS

People Finding Better Ways Forward

**Compass postcards (page 1 of 3).** 5x7" cards developed by an educator to be laminated for reuse with dry-erase markers by students. Use them any way you like—as always, explore with and for everyone involved.

Topic: \_\_\_\_\_



INNOVATORS'  
COMPASS



Postcard idea: Kim Zajac.

Please find more free resources and share back your experiences and ideas!

[innovatorscompass.org](http://innovatorscompass.org) | [#innovatorscompass](https://twitter.com/innovatorscompass) | [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org)





Principles  
3. What matters most?



Observations  
2. What's happening? Why?



# Unstick your LIFE with your INNOVATORS' COMPASS

Topic: My life, by:

With and for everyone involved, **explore...**



## 3. What matters most?

**...for you to feel great about your life?**

From your observations, what really does (not "should") matter to you for doing/finding what you love?

**...to others?** Ask them, don't assume!

Competing things are natural; what might matter less than you thought, at least for now? Add a ? mark.



## 4. What ways are there?

**...to pursue those highs and principles in your life?**

Look and ask around—or invent them! Play with the who/what/when/where/how of your ideas.

Dream big goals or plans—and also imagine short-term or on-the-side classes, gigs, activities etc.

Turn all doubts into questions!

BIG PICTURE



## 1. Who's involved?

**..in your life or decisions, including you?**

PAST & PRESENT

FUTURE



## 2. What's happening? Why?

**...at highs and lows in what you feel** (e.g. joy, energy, contribution, pride, fit, success, purpose, etc.) in or about your life? Why do you feel these?

**...for others around you?** What do you uniquely bring to a room? What could you bring more of? Ask them!



## 5. What's a step to try?

**...to answer questions above? Think small—** what might you ask, look at, or try out first for 1 minute, hour, or day? If it's scary, make it smaller.

Decide who/what/when/where/how and try it!  
**What happens (back to #2)?**

DETAILS

**Seek new possibilities in this order or any way that moves you forward.** Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

**Please share! Just clearly credit Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).



# TIPS



# Be ready for anything with your INNOVATORS' COMPASS

Carry a "Pocket Compass" card and you've got 5 powerful questions for any situation. Two cards are below. Print (without scaling), cut, and fold to business-card size.



fold first

**INNOVATORS' COMPASS™**  
People finding better ways forward

Please use and share! Just clearly credit us, and share back stories to [#innovatorcompass](#) or [ela@innovatorcompass.org](mailto:ela@innovatorcompass.org).

See [InnovatorsCompass.org](http://InnovatorsCompass.org) for more resources, stories, and permissions, and [iCompass.me](http://iCompass.me) for an online app.

fold second

**INNOVATORS' COMPASS™**  
People finding better ways forward

Please use and share! Just clearly credit us, and share back stories to [#innovatorcompass](#) or [ela@innovatorcompass.org](mailto:ela@innovatorcompass.org).

See [InnovatorsCompass.org](http://InnovatorsCompass.org) for more resources, stories, and permissions, and [iCompass.me](http://iCompass.me) for an online app.

fold second

**INNOVATORS' COMPASS™**  
People finding better ways forward

Please use and share! Just clearly credit us, and share back stories to [#innovatorcompass](#) or [ela@innovatorcompass.org](mailto:ela@innovatorcompass.org).

See [InnovatorsCompass.org](http://InnovatorsCompass.org) for more resources, stories, and permissions, and [iCompass.me](http://iCompass.me) for an online app.



**INNOVATORS' COMPASS**  
Topic: \_\_\_\_\_

- 1. PEOPLE** **Who's involved?**  
Including you? With and for everyone involved, explore...
- 2. OBSERVATIONS** **What's happening? Why?**  
Details and all sides of what people are doing, saying, thinking, feeling.
- 3. PRINCIPLES** **What matters most?**  
Different, maybe competing things here. That's the challenge.
- 4. IDEAS** **What ways are there?**  
Different who/what/when/where/hows. Look around for ideas!
- 5. EXPERIMENTS** **What's a step to try?**  
Small, with real details so you DO IT! What happens? (back to #2)

**INNOVATORS' COMPASS**  
Topic: \_\_\_\_\_

- 1. PEOPLE** **Who's involved?**  
Including you? With and for everyone involved, explore...
- 2. OBSERVATIONS** **What's happening? Why?**  
Details and all sides of what people are doing, saying, thinking, feeling.
- 3. PRINCIPLES** **What matters most?**  
Different, maybe competing things here. That's the challenge.
- 4. IDEAS** **What ways are there?**  
Different who/what/when/where/hows. Look around for ideas!
- 5. EXPERIMENTS** **What's a step to try?**  
Small, with real details so you DO IT! What happens? (back to #2)



By Ela Ben-Uri [innovatorcompass.org](http://innovatorcompass.org)



By Ela Ben-Uri [innovatorcompass.org](http://innovatorcompass.org)

Unstick any challenge with your  
**INNOVATORS' COMPASS**  
Simple coaching tips to help “unstick”

1. PEOPLE 

**Who's involved?**

Including you? With and for everyone involved, explore...

2. OBSERVATIONS 

**What's happening? Why?**

Details and all sides of what people are doing, saying, thinking, feeling.

3. PRINCIPLES 

**What matters most?**

Different, maybe competing things here. That's the challenge!

4. IDEAS 

**What ways are there?**

Different who/what/when/where/hows. Look around for ideas!

5. EXPERIMENTS 

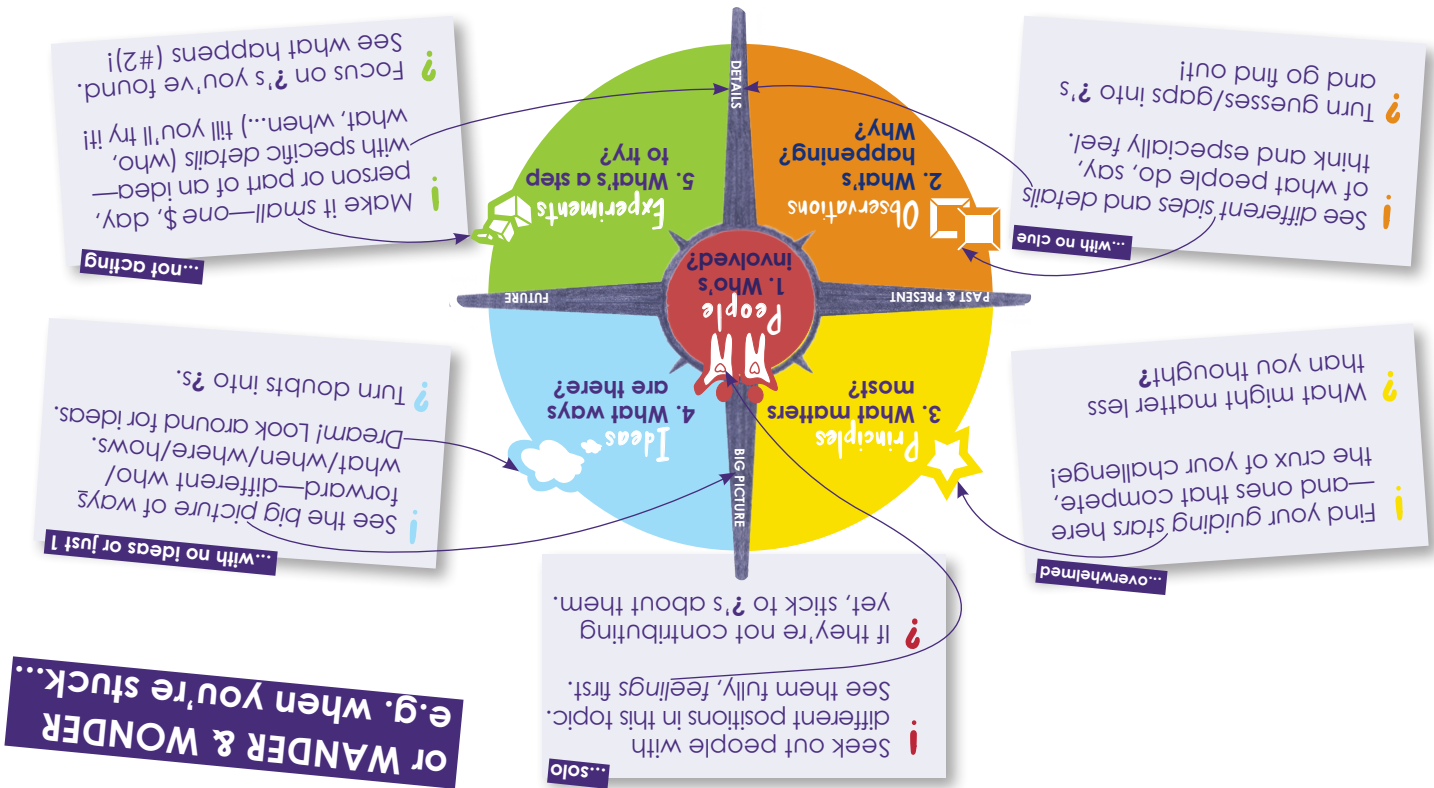
**What's a step to try?**

Small, with real details so you DO IT!  
What happens? (back to #2)

**Seek new possibilities in this order or any way that moves you forward.** Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make.

**Please share! Just clearly credit Ela Ben-Ur & [innovatorscompass.org](http://innovatorscompass.org)** (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).





**INNOVATORS' COMPASS** **TIPS: USE COMPASS CUES** to find aha's (!) and questions (?) that move you forward faster!

**INNOVATORS' COMPASS** **5 POWERFUL QUESTIONS** for any topic we tackle:



**1 instruction:**  
**WITH & FOR**  
all involved  
**EXPLORE**

- **Unpack what you think**  
Follow the #'s or in any order.
- ! **Find new possibilities**  
Use **cues** on the Compass.
- ? **When in doubt, let it out!**  
Just add a ? when we don't know, or to let thoughts come...and go!

**ANGRY** (angry face emoji): mad, upset, furious, frustrated, jealous, irritated, resentful, annoyed

**SCARED** (worried face emoji): anxious, worried, nervous, stressed, threatened, tense, terrified, insecure, distraught, vulnerable

**DOWN** (frowning face emoji): sad, tired, sick, hurt, excluded, ashamed, embarrassed, disappointed, lonely, regretful, devastated

**HAPPY** (smiling face emoji): calm, content, amused, inspired, hopeful, energized, courageous, playful, thrilled, excited, delighted, grateful, appreciated

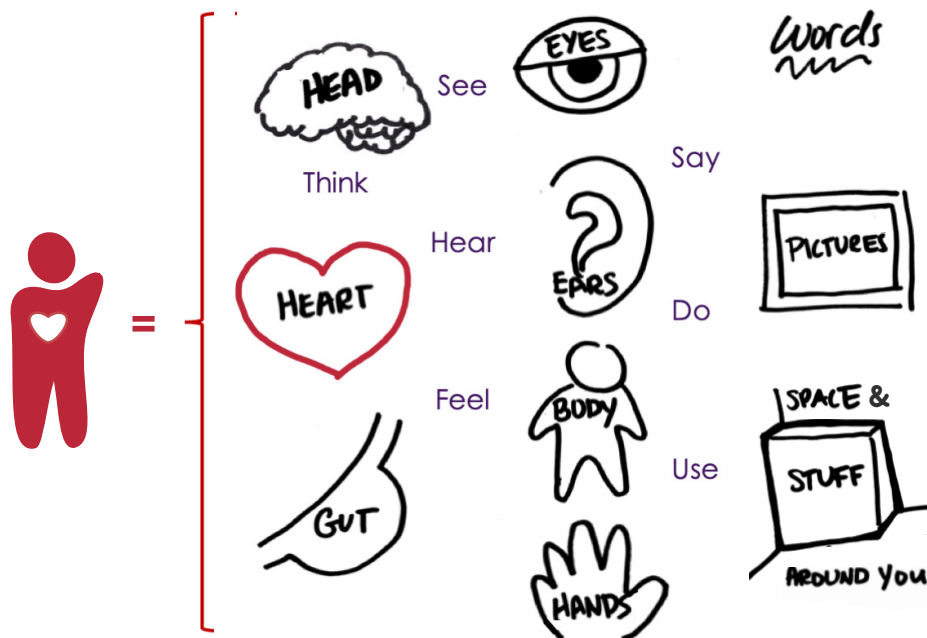
**WONDERING** (questioning face emoji): curious, unsure, debating, confused, open, stumped, questioning, genuous

**CARING** (heart with eyes emoji): kind, warm, patient, understanding, loving, loved, empathic, compassionate

**TIPS: FOCUS ON FEELINGS** go beyond "good" and "bad" for better breakthroughs

**TIPS: SEE PEOPLE FULLY**

consider these 10 (+ more!) tools we each have or do:



Fun side notes:  
 Drawings can be simple, like these!  
 A simple ear drawing has a big question mark: so listen with questions in mind, not answers!

# PROMPTS & GAMES

# INNOVATORS' COMPASS

People Finding Better Ways Forward

**Compass cutouts!** These pieces move us forward in any challenge, big or small. Cut them out. See, feel, use and celebrate them! Put them on a stick if you like.



Please share! Just clearly credit [Ela Ben-Ur & innovatorscompass.org](#) (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](#) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).



# INNOVATORS' COMPASS

People Finding Better Ways Forward

**Compass cutouts!** These are the back of the pieces (arranged so they'll print double-sided with the front if you like).



Please share! Just clearly credit **Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to **#innovatorscompass** or **ela@innovatorscompass.org**.



# Notice feelings

that you or others might feel.

- Happy or excited
- Down, sad, or "meh"
- Wondering
- Loving
- Worried or scared
- Unwell or just tired
- Mad or upset

Faces adapted from Ibrandify/Freepik

# Wind down your mind.

Something on your mind?  
Explore...

**Who's involved?**  
People

**What's happening?**  
Why? Observations

**What matters most?**  
Principles

**What ways are there?**  
Ideas

**What's a step to try?**  
Experiments

For each person, what do you know or wonder about:

Tomorrow, try that step. Notice what happens and why for all involved. For now, rest well.

Find more & share back experiences:  
[innovatorscompass.org](http://innovatorscompass.org)  
#innovatorscompass  
ela@innovatorscompass.org



# Notice feelings

that you or others might feel.

- Happy or excited
- Down, sad, or "meh"
- Wondering
- Loving
- Worried or scared
- Unwell or just tired
- Mad or upset

Faces adapted from Ibrandify/Freepik

# Wind down your mind.

Something on your mind?  
Explore...

**Who's involved?**  
People

**What's happening?**  
Why? Observations

**What matters most?**  
Principles

**What ways are there?**  
Ideas

**What's a step to try?**  
Experiments

For each person, what do you know or wonder about:

Tomorrow, try that step. Notice what happens and why for all involved. For now, rest well.

Find more & share back experiences:  
[innovatorscompass.org](http://innovatorscompass.org)  
#innovatorscompass  
ela@innovatorscompass.org



# Notice feelings

that you or others might feel.

- Happy or excited
- Down, sad, or "meh"
- Wondering
- Loving
- Worried or scared
- Unwell or just tired
- Mad or upset

Faces adapted from Ibrandify/Freepik

# Wind down your mind.

Something on your mind?  
Explore...

**Who's involved?**  
People

**What's happening?**  
Why? Observations

**What matters most?**  
Principles

**What ways are there?**  
Ideas

**What's a step to try?**  
Experiments

For each person, what do you know or wonder about:

Tomorrow, try that step. Notice what happens and why for all involved. For now, rest well.

Find more & share back experiences:  
[innovatorscompass.org](http://innovatorscompass.org)  
#innovatorscompass  
ela@innovatorscompass.org



# Notice feelings

that you or others might feel.

- Happy or excited
- Down, sad, or "meh"
- Wondering
- Loving
- Worried or scared
- Unwell or just tired
- Mad or upset

Faces adapted from Ibrandify/Freepik

# Wind down your mind.

Something on your mind?  
Explore...

**Who's involved?**  
People

**What's happening?**  
Why? Observations

**What matters most?**  
Principles

**What ways are there?**  
Ideas

**What's a step to try?**  
Experiments

For each person, what do you know or wonder about:

Tomorrow, try that step. Notice what happens and why for all involved. For now, rest well.

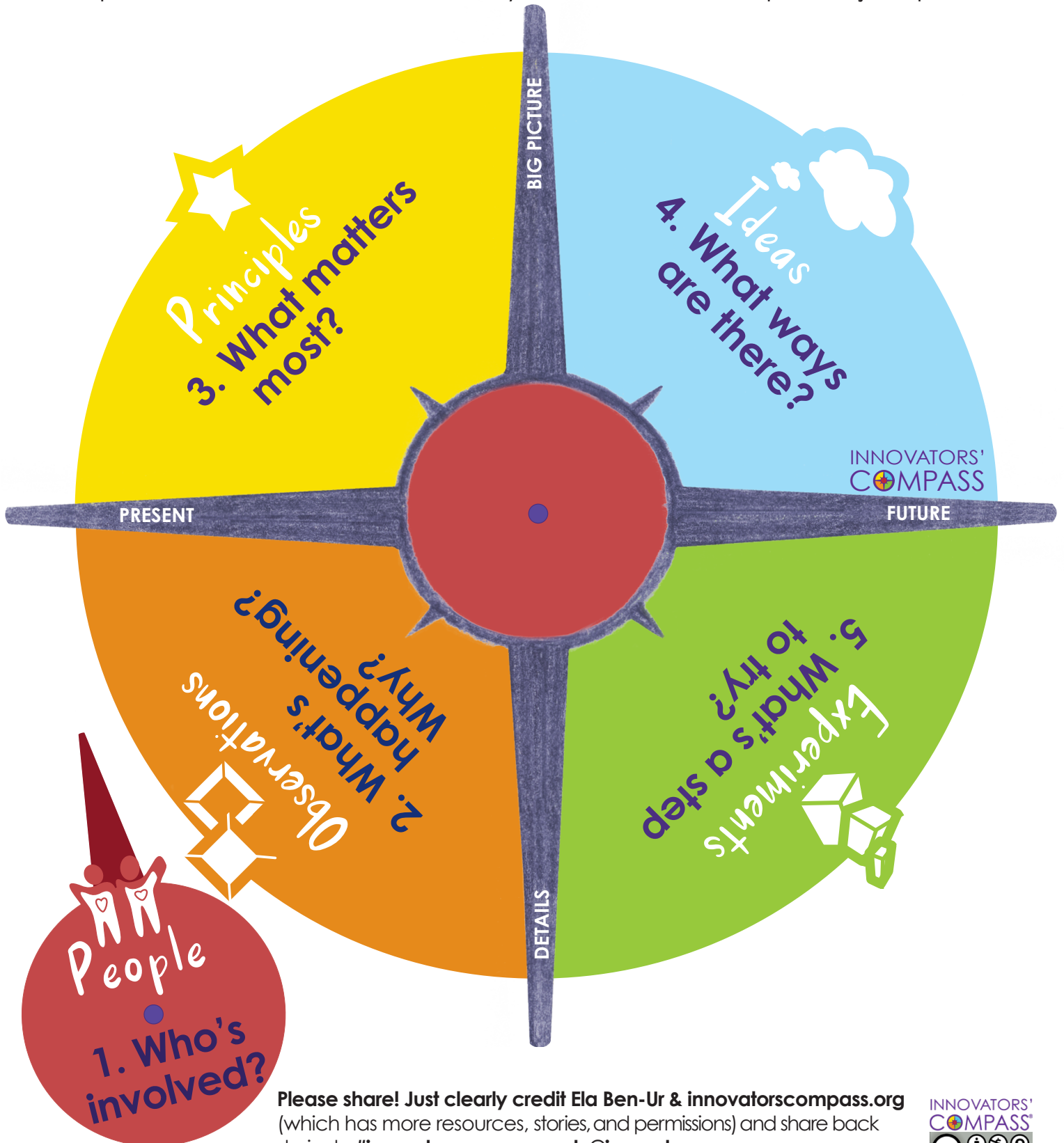
Find more & share back experiences:  
[innovatorscompass.org](http://innovatorscompass.org)  
#innovatorscompass  
ela@innovatorscompass.org





Spin ways forward with  
**INNOVATORS' COMPASS**

Take this Compass for a spin—on real challenges or pretend ones. These 5 powerful questions are shared by lots of creative problem-solving practices. Follow the numbers, try one that seems helpful, or just spin!



Please share! Just clearly credit Ela Ben-Ur & [innovatorscompass.org](http://innovatorscompass.org) (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](https://twitter.com/innovatorscompass) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).



# Compass Cube

## TIPS

- Print without scaling for the biggest cube (easier to read!).
- To strengthen your cube. Crumple a sheet of paper into a ball and put it in the middle

5. What's a step to try?

Think smaller: \$1, 1 minute!



EXPERIMENTS

4. What ways are there?

New who/what/when/where/how!



IDEAS

1. Who's involved?

And who might help?



PEOPLE

3. What matters most?

Different, maybe competing things?



PRINCIPLES

2. What's happening? Why?

Different sides & real details!



OBSERVATIONS

ROLL FORWARD!

Make anything better, using 5 powerful questions with everyone involved

Find more & share back: [#innovatorscompass](#) & [innovatorscompass.org](#)



# 10 Tools Cube

TIPS

- Print without scaling for the biggest cube (easier to read!).
- To strengthen your cube. Crumple a sheet of paper into a ball and put it in the middle

Use people's

WORDS



TIP: Try a single picture or metaphor.

Use people's



Use people's

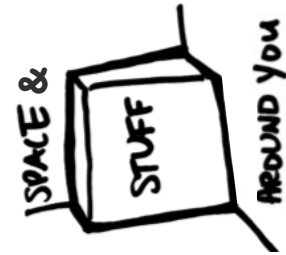


TIP: A simple ear drawing has a big question mark! Listen with questions in mind, not answers!

Use people's



Use people's



TIP: Use space & stuff around you to try things—or just to get comfortable & creative!

## Tap everyone's 10 Tools!



**Mix it up!** Everyone has these 10 tools (and more!) Try them as you explore Innovators' Compass questions.

That's how many creative methods get started!

Find more & share stories:  
#innovatorscompass &  
innovatorscompass.org



# Feelings Cube

TIPS

- Print without scaling for the biggest cube (easier to read!).
- To strengthen your cube. Crumple a sheet of paper into a ball and put it in the middle

furious  
 mad  
 resentful  
 upset  
  
 cranky  
 jealous  
**ANGRY**  
 frustrated  
 annoyed

surprised  
 unsure  
 curious  
**WONDERING**  
  
 ?!


INNOVATORS' COMPASS.org  
 People Finding Better Ways Forward

**Find Feelings!**  
 As you roll with the Compass Cube,  
 what role might these feelings have?

excited  
 inspired  
  
**HAPPY**  
 hopeful  
 courageous

disconnected  
 hurt  
 guilty  
 sick  
 tired  
 dissapointed  
  
 miserable  
 small  
 lonely  
 bored  
 sad  
**DOWN**

Share! Credit Eia Ben-Ur. Faces adapted from Ibrandify  
 Find more & share back at innovatorscompass.org

tense  
 stressed  
  
**SCARED**  
 worried  
 nervous  
 vulnerable

Glue

Glue

Glue

Glue

Glue

Glue

loving  
**CARING**  
 compassionate



# Feelings Cube

TIPS

- Print without scaling for the biggest cube (easier to read!).
- To strengthen your cube. Crumple a sheet of paper into a ball and put it in the middle

furious  
 mad  
 resentful  
 upset  
  
 cranky  
 jealous  
**ANGRY**  
 frustrated  
 annoyed

surprised  
 unsure  
 curious  
**WONDERING**  
  
 ?!

INNOVATORS' COMPASS.org  
 People Finding Better Ways Forward

loving  
**CARING**  
 compassionate  


**Find Feelings!**  
 As you roll with the Compass Cube,  
 what role might these feelings have?  
  
**HAPPY**  
 excited  
 inspired  
 hopeful  
 courageous

tense  
  
**SCARED**  
 stressed  
 worried  
 nervous  
 vulnerable

disconnected  
 hurt  
 guilty  
 sick  
 tired  
 dissapointed  
  
 miserable  
 small  
 lonely  
 bored  
 sad  
**DOWN**

Share! Credit Eia Ben-Ur. Faces adapted from Ibrandify Find more & share back at innovatorscompass.org

# "UN-STICKERS"

# Inspire un-sticking anywhere with INNOVATORS' COMPASS

Stickers can unstick us!?! Print these as stickers (or buttons) and keep 5 powerful unsticking questions where you and others can see them.

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

**I AM AN UNSTICK-ER**

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

INNOVATORS' COMPASS.org

Please share! Just clearly credit Ela Ben-Ur & innovatorscompass.org (which has more resources, stories, and permissions) and share back stories to #innovatorscompass or ela@innovatorscompass.org.

# WIDESCREEN BACKDROPS





3. What matters most?



4. What ways are there?



1. Who's involved?



2. What's happening? Why?



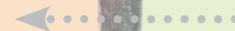
5. What's a step to try?

BIG PICTURE

PAST & PRESENT

FUTURE

DETAILS



Seek new possibilities in this order or any way that moves you forward. Question and change things.

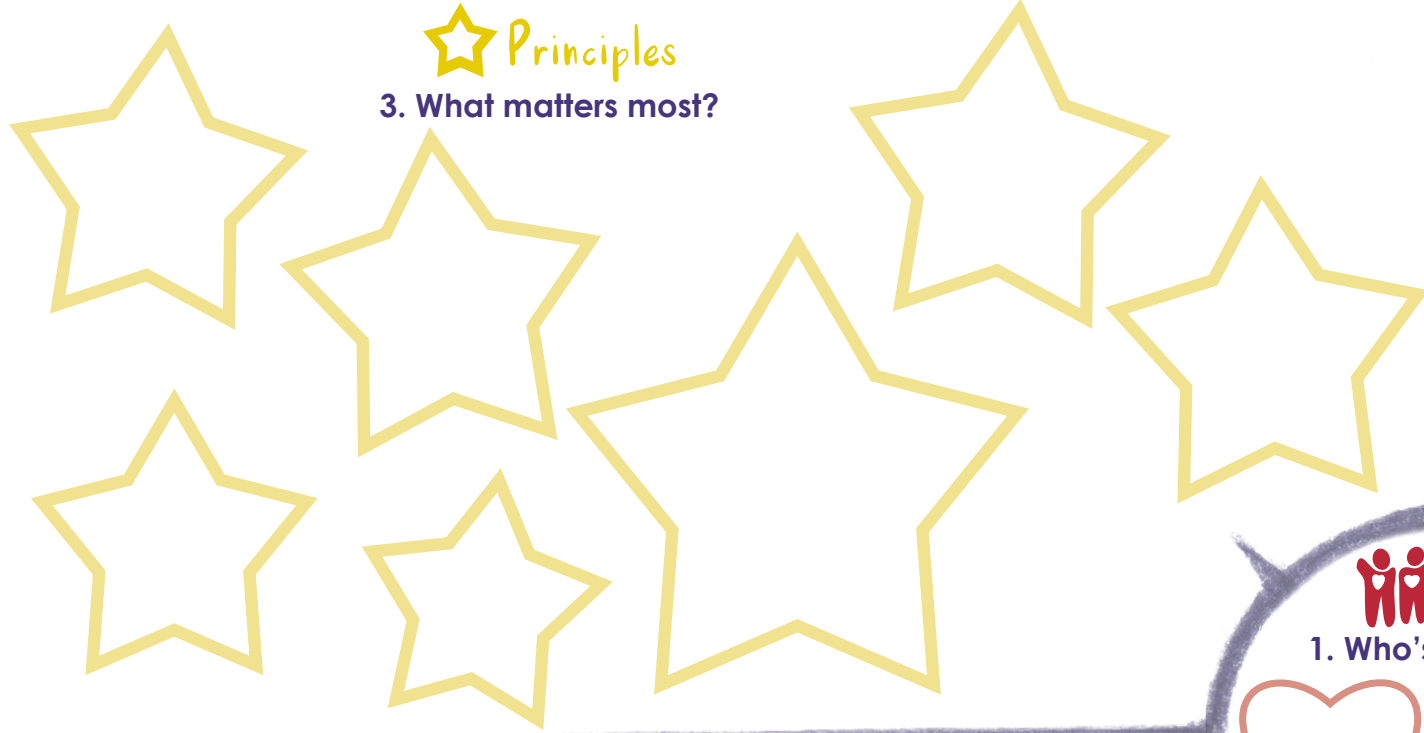
Please share! Just clearly credit **Ela Ben-Ur & innovatorscompass.org** (which has more resources, stories, and permissions) and share back stories to **#innovatorscompass** or **ela@innovatorscompass.org**.



Topic: \_\_\_\_\_

## Principles

3. What matters most?



## Ideas

4. What ways are there?



## People

1. Who's involved?



PAST & PRESENT

FUTURE

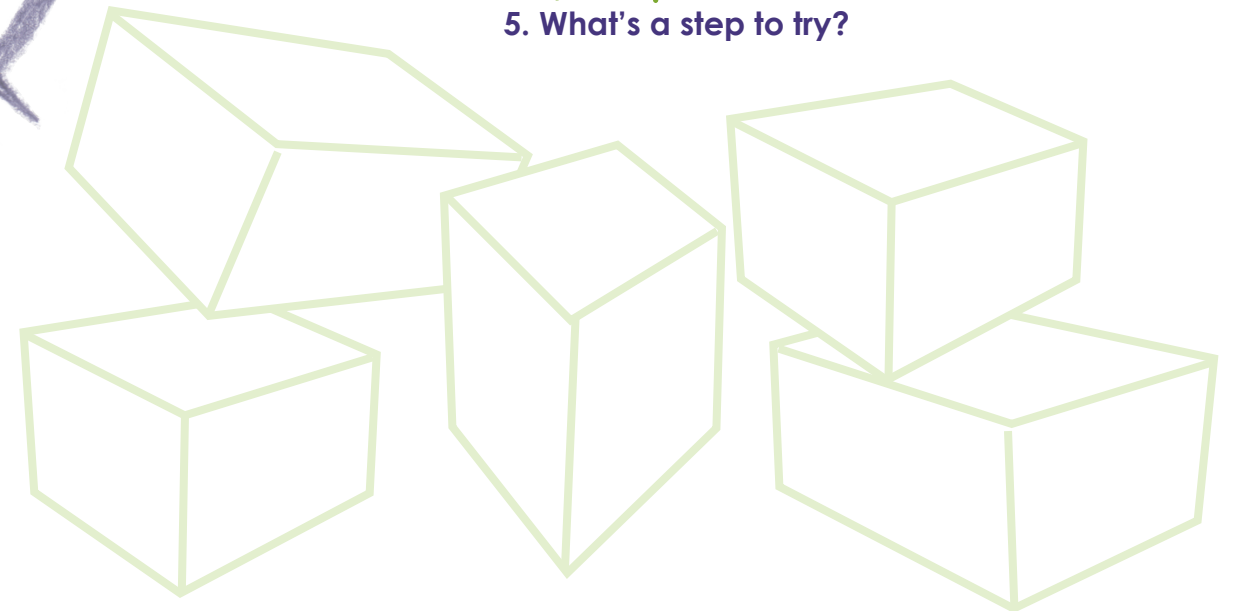
## Observations

2. What's happening? Why?



## Experiments

5. What's a step to try?



DETAILS

Seek new possibilities in this order or any way that moves you forward. Question and change things.

Please share! Just clearly credit [Ela Ben-Ur](#) & [innovatorscompass.org](#) (which has more resources, stories, and permissions) and share back stories to [#innovatorscompass](#) or [ela@innovatorscompass.org](mailto:ela@innovatorscompass.org).