



Focus: Looking at LifeSpaces from the perspective of system laws

Me and the laws

This month, the aim is for you to focus on looking at your **LifeSpaces** from the perspective of the **10 system laws in relation to yourself**.

Task

For each LifeSpace, find one example where you have complied with a system law and one where you have not. You can also focus on for example two LifeSpaces. Then find three examples for each LifeSpace. Please write down the examples.

At the end of the month, please answer the following:

- What has challenged you the most this month?
- What has amazed/excited/delighted you the most this month?
- Have these experiences changed your attitude towards the concept of Coaching in the EmptyRoom?
- If so, try to describe it.

LifeHouse and its LifeSpaces

Take your time to look at your LifeHouse and its LifeSpaces.

- Did you find it easier to identify the SystemLaws for each LifeSpace?
- In which LifeSpaces was it easy to find examples?
- In which LifeSpaces was it difficult?
- Is your LifeHouse complete?
- Have you listed all the LifeSpaces that are important to you?
If not, make the necessary changes.

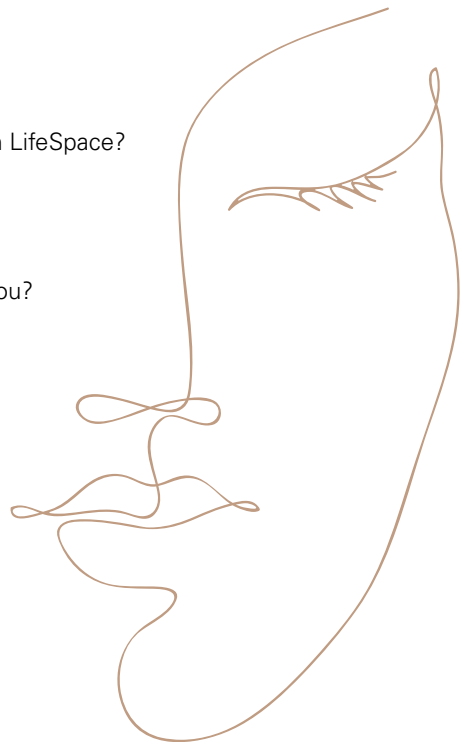
EmptyRoom

Visit your EmptyRoom and take a good look at your exhibits.

- How do you like your EmptyRoom?
- Have there been situations in your everyday routine you suddenly had to think about the EmptyRoom?

Feel free to make notes ☑

Please date them and put them aside.



Any questions about the system laws in relation to the LifeSpaces?
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