



**Focus: Looking at LifeSpaces from the perspective of the levels of change**

# My LifeSpaces and the environmental level

This month, the aim is for you to focus on your **emotions / feelings** in your **surroundings / environment** in relation to your **LifeSpaces**.

### Task

Look for fixed occurrences in your everyday environment. Find three examples in your environment that evoke positive feelings in you, and three examples that evoke negative feelings in you, for each individual LifeSpace.

Please write down the examples.

### Please answer the following questions at the end of the month:

- How often do you rate your feelings as "right" or "wrong"?
- What do you remember longer, the positive or the negative emotions?
- How do you deal with negative feelings?

### LifeHouse and its LifeSpaces

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

- Is there a LifeSpace in which there is an accumulation of examples?
- Is there a LifeSpace that has not yet played a role at all?

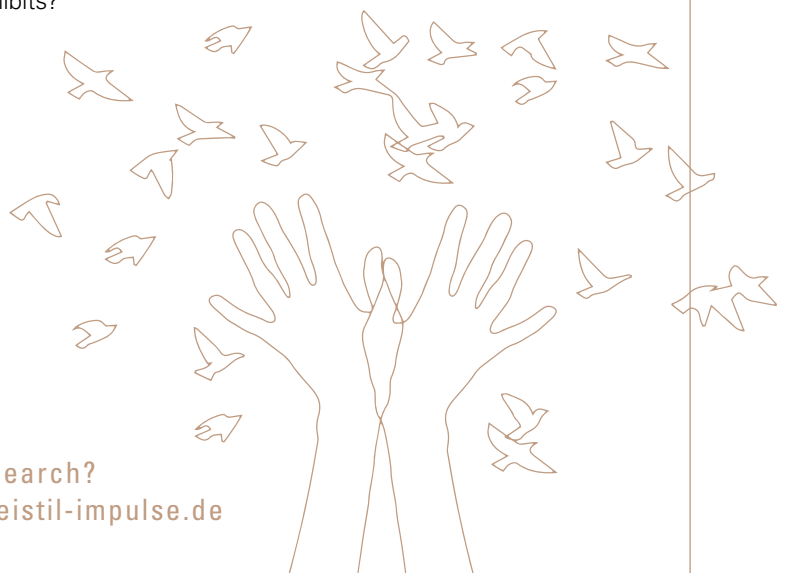
### EmptyRoom

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

- Do you notice anything about your exhibits?
- Did it amaze you?
- Did it make you smile or were you on the verge of tears?

### Feel free to make notes

Please date them and put them aside.



Need support with your field research?  
Just ring the bell: [concierge@freistil-impulse.de](mailto:concierge@freistil-impulse.de)