



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

# My LifeSpaces, the laws and the level of skills

This month, the aim is for you to focus on your **abilities** in the respective **LifeSpaces** in relation to the **10 system laws**.

## Task

Make a list of the skills you think you have.

Look at the list before you enter the EmptyRoom this month.

## System laws

- Find three examples related to your skills in one of your LifeSpaces in which the system laws have been observed in relation to you.
- Search for three examples in connection with your skills in one of your LifeSpaces in which the system laws have not been observed in relation to you.

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

- Are there any skills that you particularly like, or do you have a favourite skill?
- Are there any skills that you use particularly often?

## LifeHouse and its LifeSpaces

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

- Are there any skills that play a leading role in one of your LifeSpaces?
- Is there a clear accumulation of a skill that you use in all or many LifeSpaces?
- Is there a skill that you only use in one LifeSpace or in a few LifeSpaces?

## EmptyRoom

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

- Do you want to change something?
- Does something need to be removed or added?
- What changes when you have removed or added something?

## Feel free to make notes

Please date them and put them aside.

**EmptyRoom with a specific goal or project**

If you have decided to equip the EmptyRoom with a specific goal or project, you should take a closer look at the so-called "ecology system check" by Dr Dieter Bischof [☑](#).

The ecology system check is valuable if you are actively setting out to change something and can already name it, or have a concrete idea of how it should be in the future.



Any questions about your skills?  
Just ring the bell: [concierge@freistil-impulse.de](mailto:concierge@freistil-impulse.de)