



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

My LifeSpaces, the laws and the level of beliefs

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

Task

Make a list of the values that you believe characterise you. Create a list of the beliefs that you assign to the respective values.

Look at the lists before you enter your EmptyRoom this month.

System laws

- Find three examples in connection with your values 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 values in one of your LifeSpaces in which the system laws have not been complied with in relation to you.

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

- Are there values whose associated beliefs are predominantly positive, and is there a connection with your experiences in terms of how the system laws have been complied with in relation to you?
- Are there values whose associated beliefs are predominantly negative, and is there a connection with your experiences in terms of how the system laws have not been complied with in relation to you?

LifeHouse and its LifeSpaces

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

- Is there a value that you would describe as your defining value?
- Are there beliefs that play a major role in certain LifeSpaces?
- Are there values that evoke childhood memories in you?

EmptyRoom

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

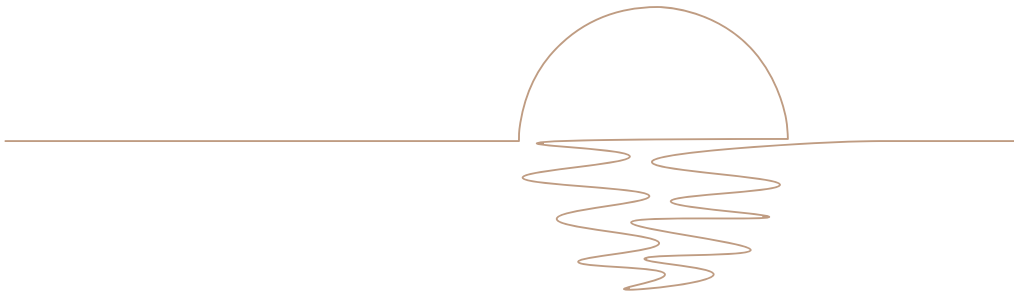
- Has anything changed significantly?
- How do you recognise it?
- Why does it no longer fit? Or why does it fit much better?

Feel free to make notes

Please date them and put them aside.

EmptyRoom with a specific goal or project

If you have assigned a specific goal or project to your EmptyRoom, ask yourself specifically which values and beliefs are related to it. Which beliefs are conducive to implementation and which are a hindrance? Are there any attitudes in connection with your values and beliefs that you should take a closer look at? Which of your skills can support you in your reflection?



Any questions about values and beliefs?
Just ring the bell: concierge@freistil-impulse.de