



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

# My LifeSpaces, the laws and the level of identity

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

## Task

Make a list of statements that begin with "I am".

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

## system laws

- Find three examples in connection with aspects of your identity in one of your LifeSpaces in which one of the system laws was observed in relation to you.
- Find three examples in connection with aspects of your identity in one of your LifeSpaces in which one of the system laws was not observed in relation to you.

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

- Which is easier for you to find: compliance or non-compliance with the laws?
- Can you explain why this is the case?

## LifeHouse and its LifeSpaces

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

- Is there any aspect of your identity that you would describe as decisive?
- Does this play an obvious role in many of your LifeSpaces?
- Are there aspects of your identity that you primarily associate with people?
- Has this perspective given you an idea?

## EmptyRoom

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

- Do you remember situations from your childhood while looking at them?
- Do you feel comfortable in your EmptySpace?
- Whom have you told by now about your journey and your EmptyRoom?  
If so, how does it feel to talk about it?

## 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 which aspects of your identity are conducive and which are obstructive to the realisation of your project.



Any questions about identity?  
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