



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

My LifeSpaces, the laws and the level of vision

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

Task

Make a list of your visions.

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

System laws

- Find three examples in connection with one of your visions in one or more of your LifeSpaces in which one of the system laws was complied with in relation to you.
- Find three examples in connection with one of your visions in one or more of your LifeSpaces in which one of the system laws wasn't complied with in relation to you.

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

- Have you been able to formulate a vision for yourself?
- If not, what do you think is the reason for this?
- Can you assign a vision to an aspect of your identity?
- Can you remember when visions played an important role in your life?

LifeHouse and its LifeRooms

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

- Is a vision linked to a specific LifeSpace?
- Is there a vision that has an equal place in all LifeSpaces?
- Has this perspective given you a new vision?

EmptyRoom

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

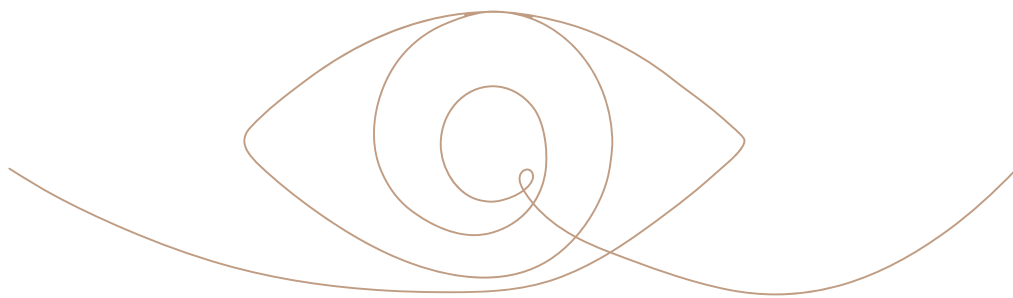
- How important has the EmptyRoom become for you?
- Would you like to place some of your exhibits in certain LifeSpaces?
- Would you like to sum it up?

Feel free to make notes in this last month as well ☑

Please date them and put them aside.

EmptyRoom with a specific goal or project

How close have you come to your goal in the past few months? Are you satisfied? What do you need to continue pursuing it? Look at the worksheets for each month and read through all of them. Take a maximum of one hour to do this. Then take an hour in which you are not distracted by your phone, text messages, emails, etc. During this hour, write down your thoughts. After a week, read through what you have written and draw a conclusion.



Would you like support in finding your vision?
Just ring the bell: conciierge@freistil-impulse.de