

# Your Workbook To Create Your Culture

FOR A HIGH QUALITY LIFE

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## PHASE 1: WHAT MAKES YOU HAPPY? Commitment

You probably know that any improvement starts with a commitment. Success needs dedication and focus. To go through this program and create your High Quality Life you will need to invest time. That's the reality. Probably there are a lot of other things requiring your attention. You have a busy life going on with lots of duties and things you want to do. So we start with bringing this program into the reality of your life.

Our first assignment for you is to answer the question:

## *How committed are you to your own happiness?*

Choose your own context to think about this. Maybe you want to walk in a forest by yourself. Maybe you want to discuss this question with your partner or a friend over a drink or dinner. Take the time you need to answer this question. Below you can write down your thoughts.

## PHASE 1: WHAT MAKES YOU HAPPY? What is Your Shadow-Self?

When you're here, you concluded that you're committed and you really want to work on the quality of your life. And we want you to succeed! We all know that even when we're committed, in real life there can easily be all kinds of distractions, our own set of reasons, why actually taking the time is just not happening. Just the normal, apparently small, details of daily life that prevent us from doing the things we intended to do.

## Often heard escapes:

1. Turn on a screen
2. Distracted by email and social media
3. Making shortcuts
4. Being irritated by a small detail
5. Not being proactive; e.g. knowing you should do something necessary for your own process like asking for help, discussing, or venting some thoughts with someone, but not doing it.

We call the combination of escapes our Shadow-Self. The voices in our mind that keep us stuck where we are. It keeps us away from living our potential or just making a step towards something we want. We all have our own set of voices that distract us.

So, **what escapes does your Shadow-Self use?** Write them down and also in which moments the Shadow-Self is likely to pop up. Also, give your Shadow-Self a name if you like so you can talk back to it and kick it to the backseat of your life.

## PHASE 1: WHAT MAKES YOU HAPPY? Making Your Personal Campaign Plan

Even if you are committed to follow this program and increase your happiness, us humans can so easily held away from the things we desire by the force of habit. Or circumstances. Isn't it? The fastest and actually only way to change the quality of your life is to build a new habit as quickly as you can. And create circumstances that at least enable small steps. If you feel this is true for you (and you will join a big family of us), make your own Campaign Plan!

Go over the tips, fill in you answer, tick the box if you feel this will work for you. Not everything works for everyone so only tick the box if you really feel like doing it. Your Personal Campaign Plan consists of the texts you filled in at the Tips where you ticked the box.

If you feel this Tip must be part of your Personal Campaign Plan, tick the box!

### Tip 1: Organize time for Creating Your Culture

How much time do you want to invest in raising the quality of your life? Your goal must be realistic. Maybe you have young kids that absorb you after a long work day. Maybe on Saturday mornings you can have 2 hours for yourself to spend with the Creating Your Culture Program. Your dear partner should then agree to take care of the kids! Or you are a single and have a busy social life. Maybe you can have a high quality time by going through the program together and share it with some friends? The goal could then be to come together two evenings a month? What goal would work for you and what do you need to organize to facilitate it?

Now fill in: To invest in the Quality of my Life my schedule will be:

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### Tip 2: Don't wait: a small step is already fine!

Also if you e.g. set the goal to do the program on Mondays and today it is Monday, even really liking the program, getting started may have a threshold. Don't wait until you are fully motivated and energized. Don't allow your Shadow-Self to get in your head and just go do it. Facilitate yourself by making it as easy and attractive as you can. Put your stuff ready beforehand, make sure you won't be interrupted or distracted (noisy environment, housemates asking questions, signals on your phone, a lot of stuff in the room). Do what works. Maybe you prefer to go sit with the program when the house is all tidied up but maybe you then know that you are never going to sit down because there is always something in the house that needs attention. So you can either realize that an empty table and no cup in the sink isn't that important. Or to go to a nice place to work on your High Quality Life.

I facilitate myself with getting myself started each time by:

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## PHASE 1: WHAT MAKES YOU HAPPY? Making Your Personal Campaign Plan

### Tip 3: Tell others!

Feel if this one will work for you: telling others about your goal and what you are going to do to attain your goal. If you feel like doing this, fill in who are you going to tell it to? (For practical reasons also people you need to organize time and context are important).

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### Tip 4: Surround yourself with supportive people

Inventorize who, in your environment, has negativity as a sort of basic attitude. If possible, avoid these people. Surround yourself with positive and supportive people. Fill in the people that are supportive to you.

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### Tip 5: Get inspiration

Read success stories, watch inspiring movies. We made a selection for you in the Library of Inspiration. If you know inspirational material that should be part of this Library, feel free to let us know!

Also, you can hang up a calendar with inspiring quotes.

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### Tip 6: Be your own best friend by writing a letter to read at dire moments

As we have said it more often: be your own best friend! For dire moments it is wonderful to have a text you can read or listen to that your best friend would tell you in such a moment. Make this text for yourself when you are in a high moment. A text that you know will be lovingly patient with you, encourage you, support you, be inspiring to you. Read this text when you are feeling low. Don't argue with the text. Just 'listen' to it and feel the effect of the words.

I am your best friend, I know you are having a hard time and what I want to say to you is:

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## PHASE 1: WHAT MAKES YOU HAPPY? Making Your Personal Campaign Plan

Tip 7: Be your own best friend with self talk as often as you can

Talk to yourself like your own best friend would do as much as you can. Preferably many times during the day since the way you think determines the quality of your moment. It will get easier and easier to feel good because it will gain momentum. Maybe there are typical moments that you can use to consciously talk to your self like your best friend. Maybe when you are doing the laundry, go to the bathroom, waiting for the bus. If so write them down.

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Tip 8: Have a buddy or a group

Consider if it works for you to have a buddy, or do the CYC program with some friends. It can be very stimulating to do this with others. And we promise you it will deepen the relationship . If this feels nice, whom are you going to approach to see if (s) likes to join?

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Tip 9: Write in your Journal of Progress

It's super important to keep track of your own progress. That's such an effective way to create your momentum. Not for the purpose to compare yourself with anyone but just to see yourself getting closer to the life you desire. Therefore we highly recommend to write down what you are grateful about. Preferably daily. You can write about the moments you spend time on the program itself or that you reflect what progress you made that day with regard to certain intentions derived from the program. This is the linking pin to get the value of the insights into your personal life. After a short while you will have pages full with text about your own progress and when you scroll through it you will feel the momentum you have built up.



Tip 10: Make your journey more fun

Write down how you can make it more fun to work on your goal. E.g. by variety, rewarding, beautiful environment, nice people, etc.

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### Here you are: with the Tips you ticked you have your Personal Campaign Plan to overcome your Shadow-Self and Create the Culture for your desired life!

The tips you ticked that you can do with little effort: do them right away. E.g. Tip 8: app the friends that want to join you in your CYC journey. The tips that you want to memorize to make them a habit, like tip 7, write them on a memory note and stick it on a place you often see.

You also may want to get or buy something nice or beautiful that symbolizes your High Quality Life, put it on a central spot in your house to accompany your memory note.

# PHASE 1: WHAT MAKES YOU HAPPY?

## Your Insights

## To recap this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Commitment, Shadow-Self or Personal Campaign Plan. Record or write down, whatever works best for you.

## MODULE: KICKING OFF YOUR HIGH QUALITY LIFE

### Life Area - Social

## WITH DOODLY TUTORIAL



Filling in what the Life Areas feel like for you is your starting point to create your culture for a High Quality Life. Now fill in the Life Area Social.

## MODULE: KICKING OFF YOUR HIGH QUALITY LIFE

### Life Area - Self

WITH DOODLY TUTORIAL



Filling in what the Life Areas feel like for you is your starting point to create your culture for a High Quality Life.  
Now fill in the Life Area Self.

Life Area	Assignment	In my desired life it feels like
Self	Emotional	<p>Describe how you would feel emotionally in your desired life.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	Spiritual	<p>Describe what spirituality means for you in your desired life.</p> <p>Include your talents and a sense of purpose if you like.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

## MODULE: KICKING OFF YOUR HIGH QUALITY LIFE

### Life Area - Health

WITH DOODLY TUTORIAL



Filling in what the Life Areas feel like for you is your starting point to create your culture for a High Quality Life.  
Now fill in the Life Area Health.

Life Area	Assignment	In my desired life it feels like
Health	Body	<p>Describe how your body would feel and look like when it is according to your desires.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	Food	<p>Describe how it feels to have eating habits that match your desired life.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# MODULE: KICKING OFF YOUR HIGH QUALITY LIFE

## Life Area - Wealth

## WITH DOODLY TUTORIAL



Filling in what the Life Areas feel like for you is your starting point to create your culture for a High Quality Life. Now fill in the Life Area Wealth.

## MODULE: KICKING OFF YOUR HIGH QUALITY LIFE

### Feeling Your Desired Life – Your Own Meditation

A very effective way to help yourself visualizing and feeling your desired life is to meditate on it. Getting comfortable with the vision of your desired life. In the online learning environment you can check out an example meditation. However, in the meditation, you will hear someone else's desired life. So, consider making an audio for yourself. If you want to do that you can follow the suggestions below.

- Only use words and sentences that give you a good feeling
- Only use messages that you really believe. Do you really feel like it is true?
- Use the content of assignment 'Smoothing your path'. Maybe you get to a desired belief step by step (like explained in the Doodly Tutorial).
- Use background music that you really like and that brings you in a relaxed and good feeling. There are plenty on Spotify or on the internet. We really love Tunepocket.com to buy our music we like.

## To recap this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Life Areas, your Visualizations, your positive starting point, body or meditation exercise. Record or write down, whatever works best for you.

# MODULE: FUNNELING YOUR DESIRES

## Assignment 'Making your Value Tree'

WITH DOODLY TUTORIAL



This is about you. About your happiness. What do you Value? Trust, Harmony, Fun, Fitness? We give a whole list of Values. Add if you miss one! Only after being aware of your Values you can start to create the culture to match your desired life.

Choose 4 Values for EACH of the Life Areas. Add if you miss a Value.

Then make clusters of Values which belong together. So you will get a cluster for each Life Area. You decide what is a Main Value (the most important for that Life Area) and what is a Sub Value.

An example of a cluster for the Life Area Social:

Main Value: Fun

Related Sub Values: Playfulness / Adventurous / Positivity

Connection	Simplicity	Forgiveness	Honesty
Truth	Fairness	Surprise	Practicality
Trust	Love	Passion	Physical touch
Recognition	Openness	Wisdom	Excitement
Fitness	Creativity	Fun	Peace
Sustainability	Intelligence	Adventurous	Teamwork
Enjoyment	Proactivity	Balance	Kindness
Structure	Positivity	Integrity	Powerful
Tidiness & Hygiëne	Growth	Listening	Vulnerability
Attractiveness	Spontaneity	Affirmation	Supportive
Constructive atmosphere	Giving	Appreciation	Harmony
Happiness	Playfulness	Independence	Intimacy
Being yourself	Freedom	Success	...

Re-read your envisioned desired culture (Life Area Assignments module 2: 2.4, 2.7, 2.10 and 2.13). Does your selection of Values match what you wrote there? Take time to add either to your desired culture or to adjust your selection of Values, if you feel it gives a better reflection of what you want to manifest.

## MODULE: FUNNELING YOUR DESIRES

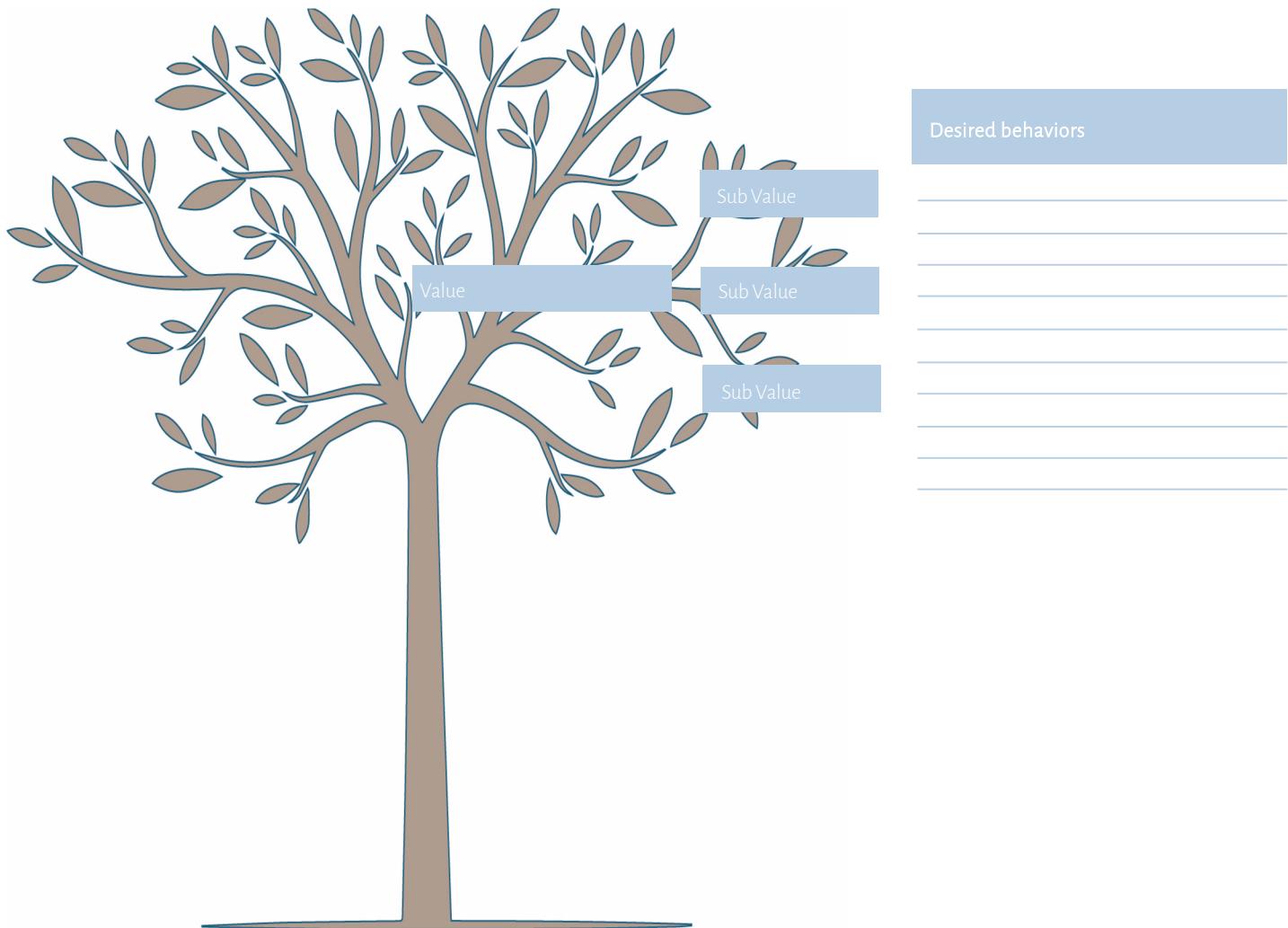
### Assignment 'Making your Value Tree'

WITH DOODLY TUTORIAL



Fill in your Main Values (big tranches) and your related Sub Values (side tranches). Then describe what would fit fully with these values on the blue lines.

### Life Area Social



## MODULE: FUNNELING YOUR DESIRES

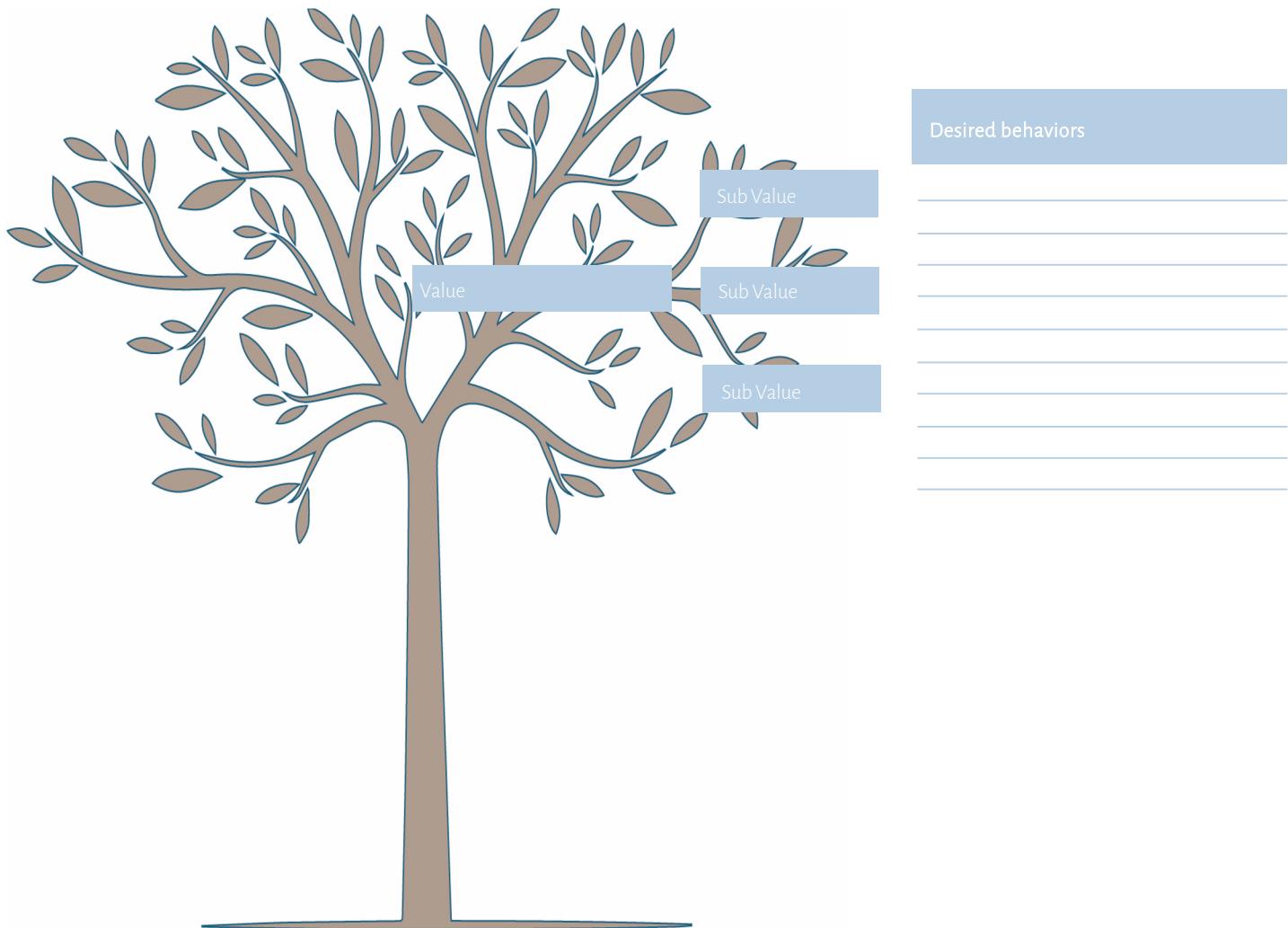
### Assignment 'Making your Value Tree'

WITH DOODLY TUTORIAL



Fill in your Main Values (big tranches) and your related Sub Values (side tranches). Then describe what would fit fully with these values on the blue lines.

### Life Area Self



## MODULE: FUNNELING YOUR DESIRES

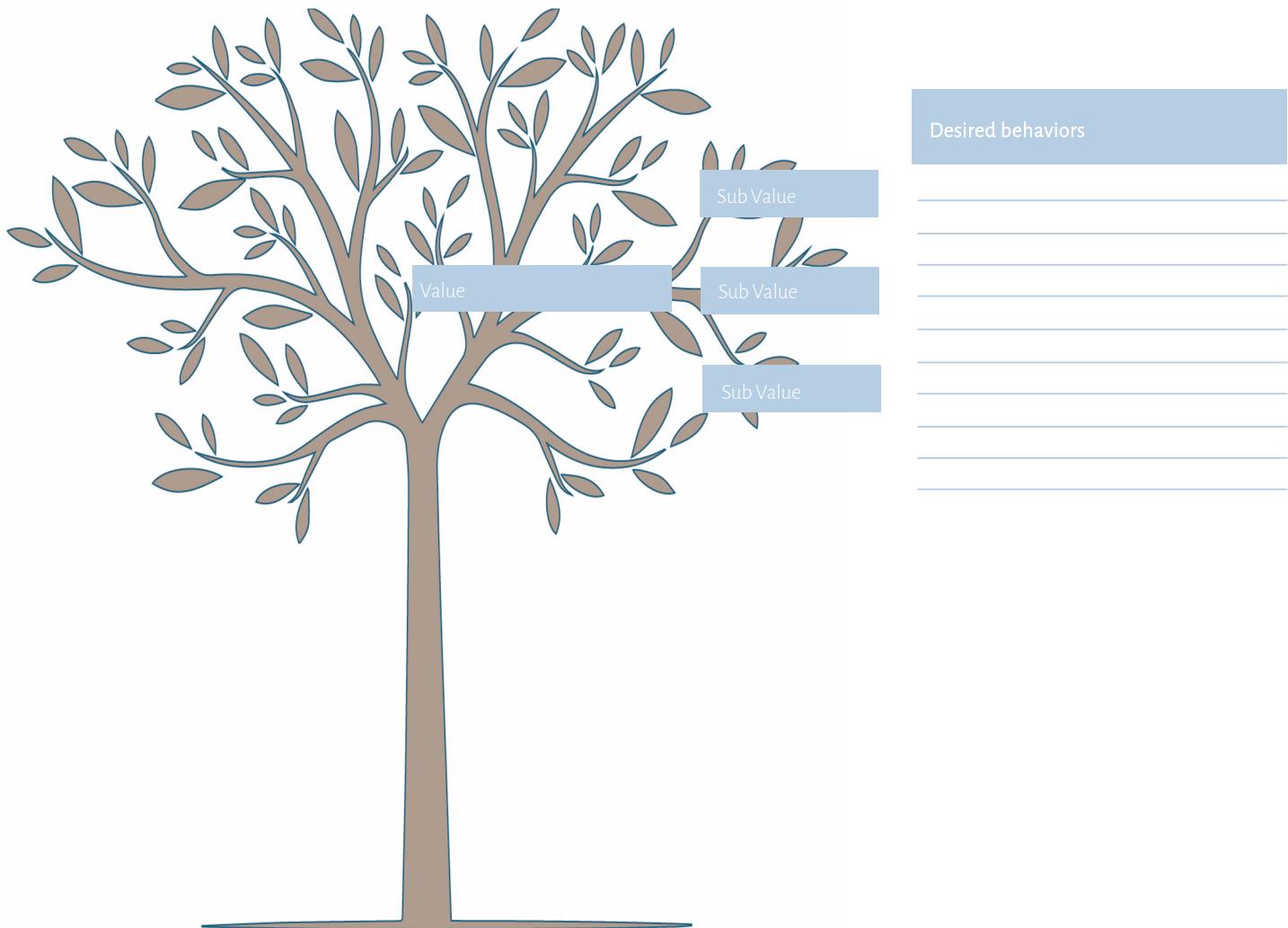
### Assignment 'Making your Value Tree'

WITH DOODLY TUTORIAL



Fill in your Main Values (big tranches) and your related Sub Values (side tranches). Then describe what would fit fully with these values on the blue lines.

### Life Area Health



## MODULE: FUNNELING YOUR DESIRES

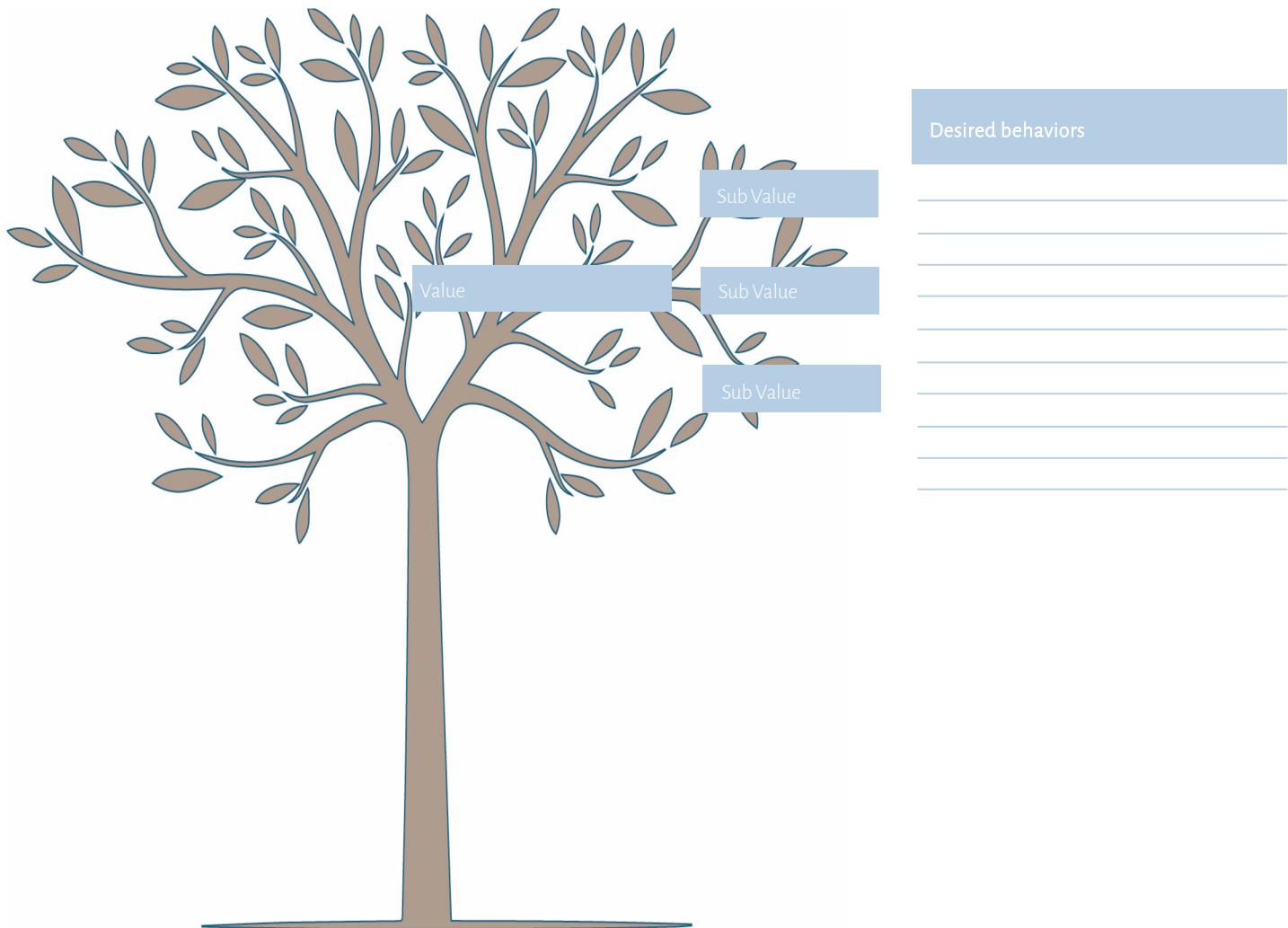
### Assignment 'Making your Value Tree'

WITH DOODLY TUTORIAL



Fill in your Main Values (big tranches) and your related Sub Values (side tranches). Then describe what would fit fully with these values on the blue lines.

### Life Area Wealth



## To recap this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Picture Perfects or Inner Voice or your Value Trees. Record or write down, whatever works best for you.

# MODULE: UNDERSTANDING YOUR CURRENT CULTURE

## Assignment 'Discovering Your Hidden Logics'

WITH DOODLY TUTORIAL



In this Assignment you will map the Unwritten Rules and the Hidden Logics of your personal life. Unwritten rules describe the patterns of interaction that simply exist between us and the people we often interact with and in our heads (the thought patterns). The Unwritten Rules will tell you where you need some change in order to get the High Quality Life you want. You will discover there is a logic beyond behaviors. We map it so you have a possibility to change the Hidden Logic. Only when we are aware we can choose!

Mapping your current culture will give you a deep personal insight. It is an important building block in the Creating Your Culture program but not necessarily an easy assignment to do. Therefore we recommend you to first watch the Doodly Tutorial.

1 Get your papers with the Life Areas and Value Trees. Start with the Value Tree on top.

Fill in the Culture Triangle on the next page. Start with the name of your first Life Area and the related Values. The assignments below help you to complete the Culture Triangle for this Life Area. When you finished one you can proceed to the next Life Area.

2 On which moments in your life do you experience a gap with this Value Tree? Think about these moments in your daily life. These should be moments that reoccur. They should have a certain frequency otherwise it's an incident and not a pattern. May be once a day, or on a weekly basis. Maybe you don't experience a clear gap for all Life Areas. That means your desired life is already close to your daily life reality for that particular Life Area.

3 What behavior do you see (from yourself and others in your Home of Life) during these moments?

Do you see thought patterns that impact this situation? What do you think when you intervene in these moments? Write down these behaviors and patterns (Unwritten Rules) on the blue lines on the right next to the Culture Triangle on the next page.

This will help:

- Write down how it actually is (not how you think it should be or how you want it to be).
- Unwritten Rules describe the dominant behavior: what you do/think most of the time in these moments.
- If behavior is connected to a specific person, supplement the unwritten rule with the name of that person.
- Just keep trying and writing: your subconsciousness loves flow! You can adjust later until you feel your map is complete.
- If you recognize the examples of the Unwritten Rules in the Doodly, copy them and continue from there.

4 My underlying Want is..

Now we get to the Hidden Logic: there is always a reason for behavior. Even if it's behavior that, when we think of it, doesn't fit in our desired life. Why are you allowing these patterns to happen? Look at the Unwritten Rules you wrote down. What are you trying to accomplish in these moments? Or maybe protect? This is what we call your 'Want'.

5 As is Enabled by..

Go to the left corner of the Culture Triangle. Who are involved in these Unwritten Rules? They are the Enablers.

6 As is Amplified by..

Go to the right corner of the Culture Triangle. What 'things' (contextual elements) are amplifying this behavior and are always there when this pattern occurs? What is present in these situations? What plays a factor? For example, when Enabler(s) are chronically tired, when there are visitors, when a request is made or a certain topic is raised, a house that needs repair, the pressure of a study, messy house, difference in day and night routines, financial pressure.

## MODULE: UNDERSTANDING YOUR CURRENT CULTURE

### Assignment 'Culture Triangle'

## WITH DOODLY TUTORIAL



1 My Life Area: \_\_\_\_\_

My related Values: \_\_\_\_\_

2 On which moments in your life do you experience a gap with this Value?

#### 4 My underlying Want is:

### 3 Unwritten Rules are:



## 5 As is Enabled by:

## 6 As is Amplified by:

What are 'Wants' of the other Enablers? (If applicable, there are not always other Enablers than yourself).

Write down your personal insights generated by this assignment. Especially how you contribute to this Hidden Logic yourself.

# MODULE: UNDERSTANDING YOUR CURRENT CULTURE

## Assignment 'Culture Triangle'

WITH DOODLY TUTORIAL



1 My Life Area: \_\_\_\_\_

My related Values: \_\_\_\_\_

2 On which moments in your life do you experience a gap with this Value?  
\_\_\_\_\_  
\_\_\_\_\_

4 My underlying Want is:



3 Unwritten Rules are:  
\_\_\_\_\_  
\_\_\_\_\_



5 As is Enabled by:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6 As is Amplified by:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are 'Wants' of the other Enablers? (If applicable, there are not always other Enablers than yourself).  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write down your personal insights generated by this assignment. Especially how you contribute to this Hidden Logic yourself.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MODULE: UNDERSTANDING YOUR CURRENT CULTURE

### Assignment 'Culture Triangle'

## WITH DOODLY TUTORIAL



1 My Life Area: \_\_\_\_\_

My related Values: \_\_\_\_\_

2 On which moments in your life do you experience a gap with this Value?

## 4 My underlying Want is:

### 3 Unwritten Rules are:



## 5 As is Enabled by:

## 6 As is Amplified by:

What are 'Wants' of the other Enablers? (If applicable, there are not always other Enablers than yourself).

Write down your personal insights generated by this assignment. Especially how you contribute to this Hidden Logic yourself.

## MODULE: UNDERSTANDING YOUR CURRENT CULTURE

### Assignment 'Culture Triangle'

## WITH DOODLY TUTORIAL



1 My Life Area: \_\_\_\_\_

My related Values: \_\_\_\_\_

2 On which moments in your life do you experience a gap with this Value?

## 4 My underlying Want is:

### 3 Unwritten Rules are:



## 5 As is Enabled by:

## 6 As is Amplified by:

What are 'Wants' of the other Enablers? (If applicable, there are not always other Enablers than yourself).

Write down your personal insights generated by this assignment. Especially how you contribute to this Hidden Logic yourself.

## MODULE: UNDERSTANDING YOUR CURRENT CULTURE

### Assignment 'Your Insights'



## To recap this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Unwritten Rules, Culture Triangles, Wants, Amplifiers or Hidden Logics. Especially reflect on your feelings; are there Unwritten Rules that regulate emotions. Record or write down. Do what works best for you.

**MODULE:  
DISCOVERING YOUR CRAZY 8's**

The topic of my crazy 8's:  
Situation:

**YOU**

Thought:

Observation:  
(Non verbal)

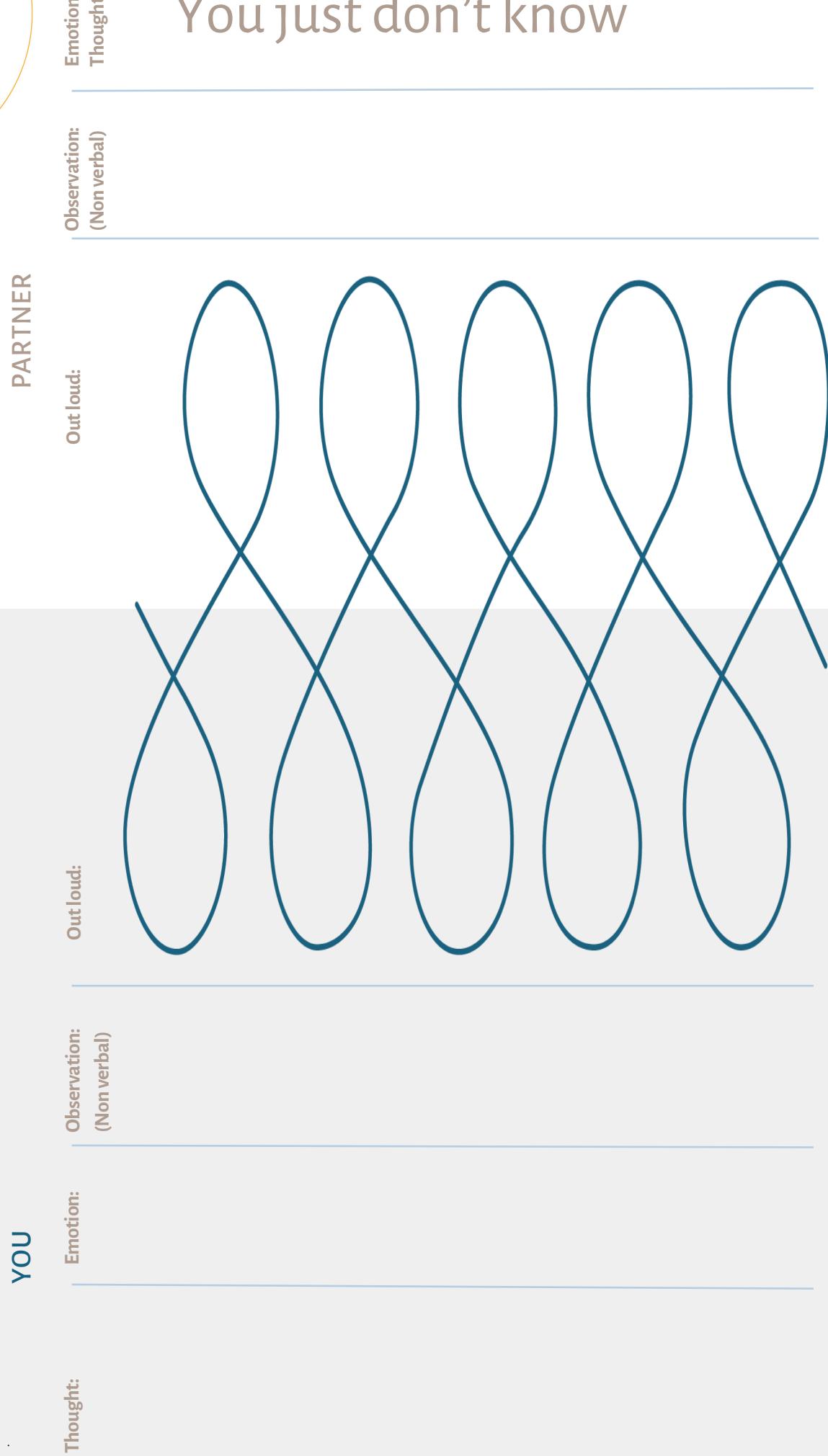
Out loud:

**PARTNER**

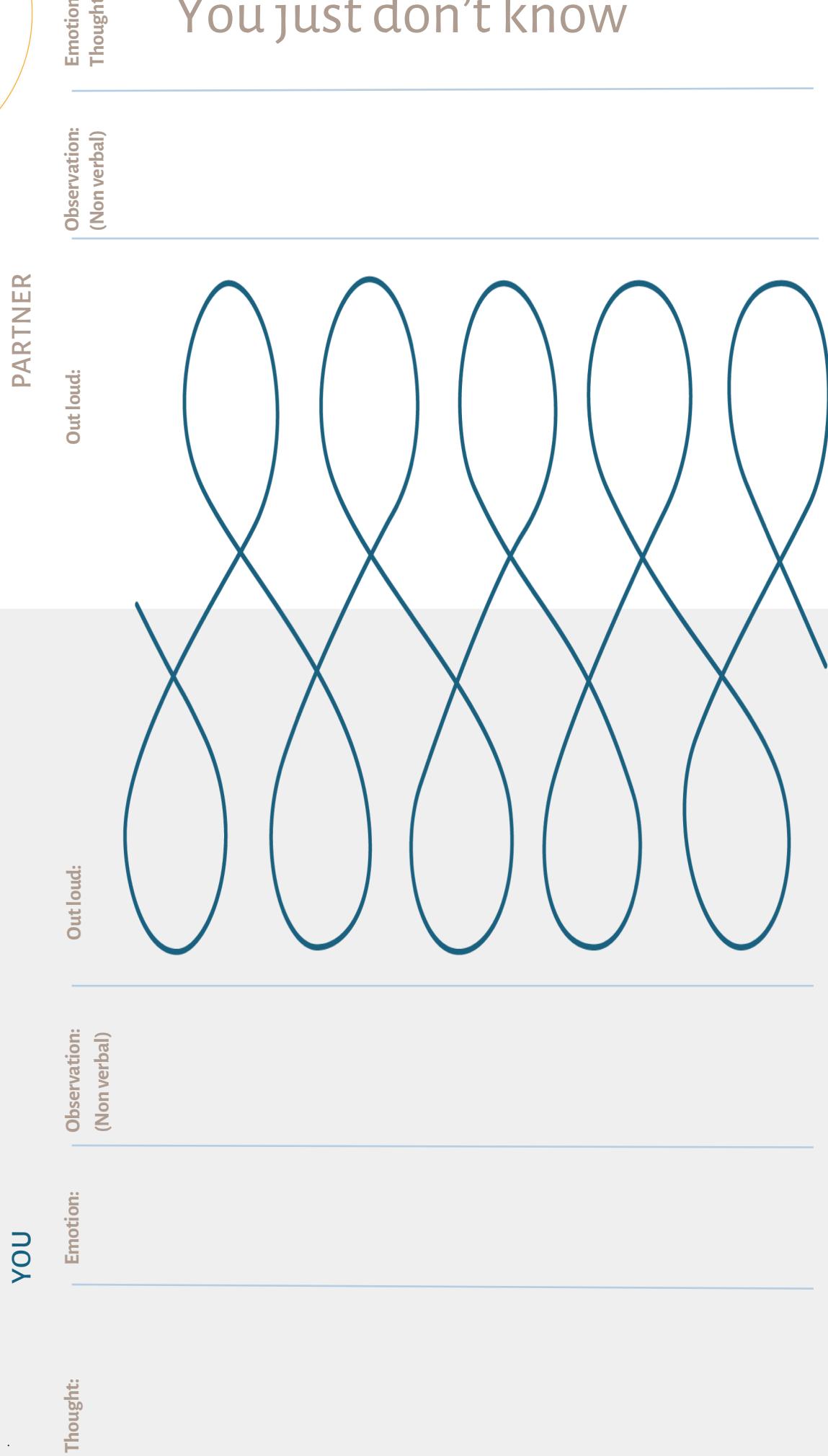
Observation:  
(Non verbal)

Emotion/  
Thought:

# You just don't know



You just don't know



You just don't know

## MODULE: DISCOVERING YOUR CRAZY 8s

### Assignment 'Prepaving and Knee-jerk Reactions'

WITH DOODLY TUTORIAL



Maybe it seems like you are just suddenly, out of the blue in a Crazy 8. But that is almost never the case. Let's pinpoint where you can stop entering a Crazy 8.

Take your Crazy 8 worksheets and look at your Crazy 8s: put a circle where you may find a Knee-jerk reaction. What is pushing your button at these moments?

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Then describe some factors that easily Amplify the situation. For example, fatigue, a messy house, not having had enough me-time.

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Write down a few typical thoughts that often precede a Crazy 8.

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Now just answer the question for yourself: what would have happened if I was not thinking these thoughts?

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Record your answers and listen to it to let it sink in so you will recognize it when a button is pushed. You will be able to intervene earlier by e.g. taking a deep breath or excuse yourself for a moment, go to another room and prevent having the Knee-jerk reaction. When you have listened to your own recording enough you will recognize Amplifiers when they occur and preventing them from triggering a Crazy 8. And you will recognize a pattern of thoughts that you can stop before it builds up momentum. You'll be able to intervene earlier and at a certain point Crazy 8s will become a rare phenomenon in your relationships. Just reflect for a moment: What would that be like?

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## To recap this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Crazy 8, Prepping with your Treadmill, Amplifiers, what pushes your buttons and Knee-jerk reactions. Record or write down. Do what works best for you.

## MODULE: DISCOVERING YOUR CRAZY 8s

### Assignment '3 Topics You Want to Change'

To recap this Phase:

Write down 3 topics you want to change first to improve the quality of your life.

Topic of Change 1:

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Topic of Change 2:

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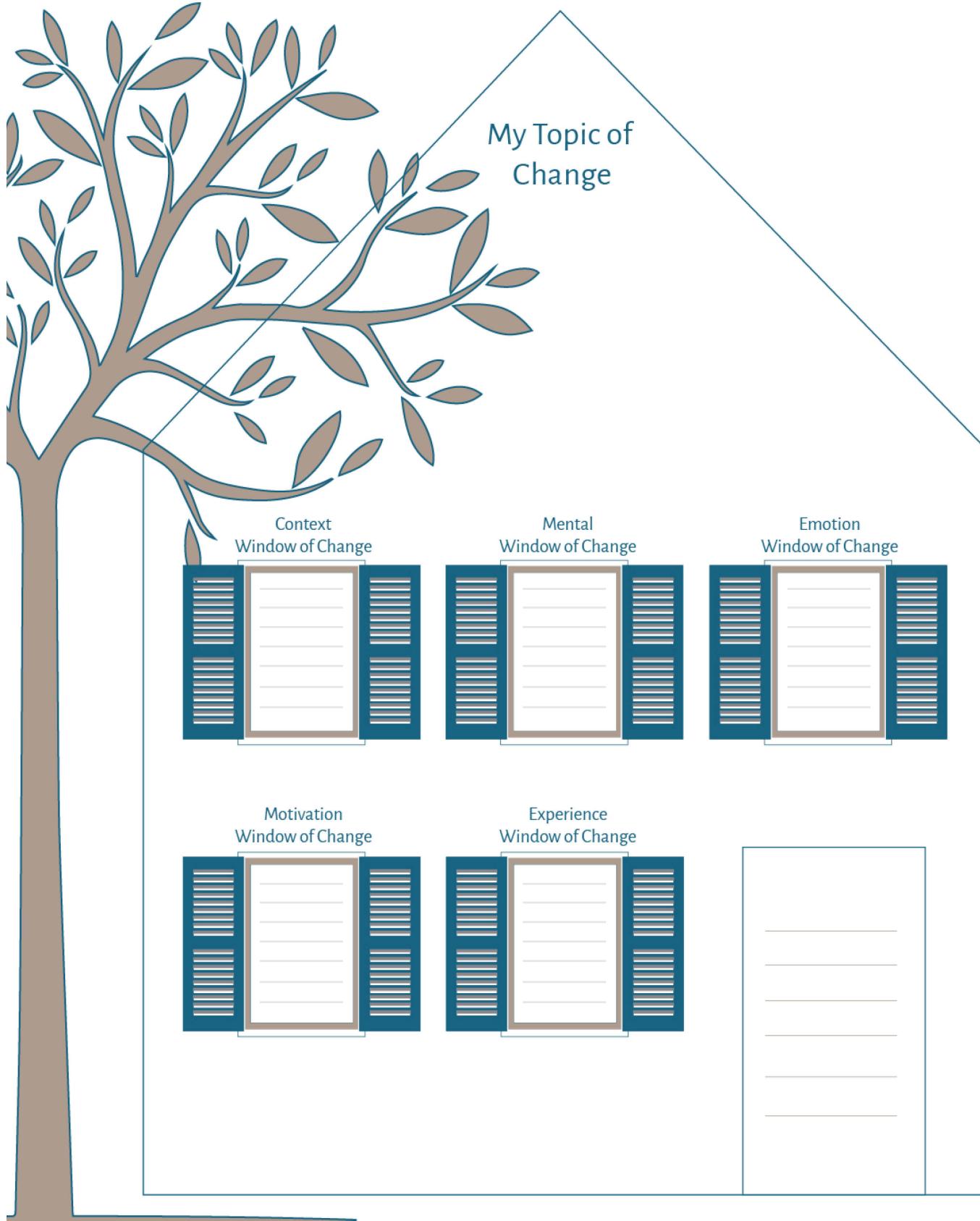
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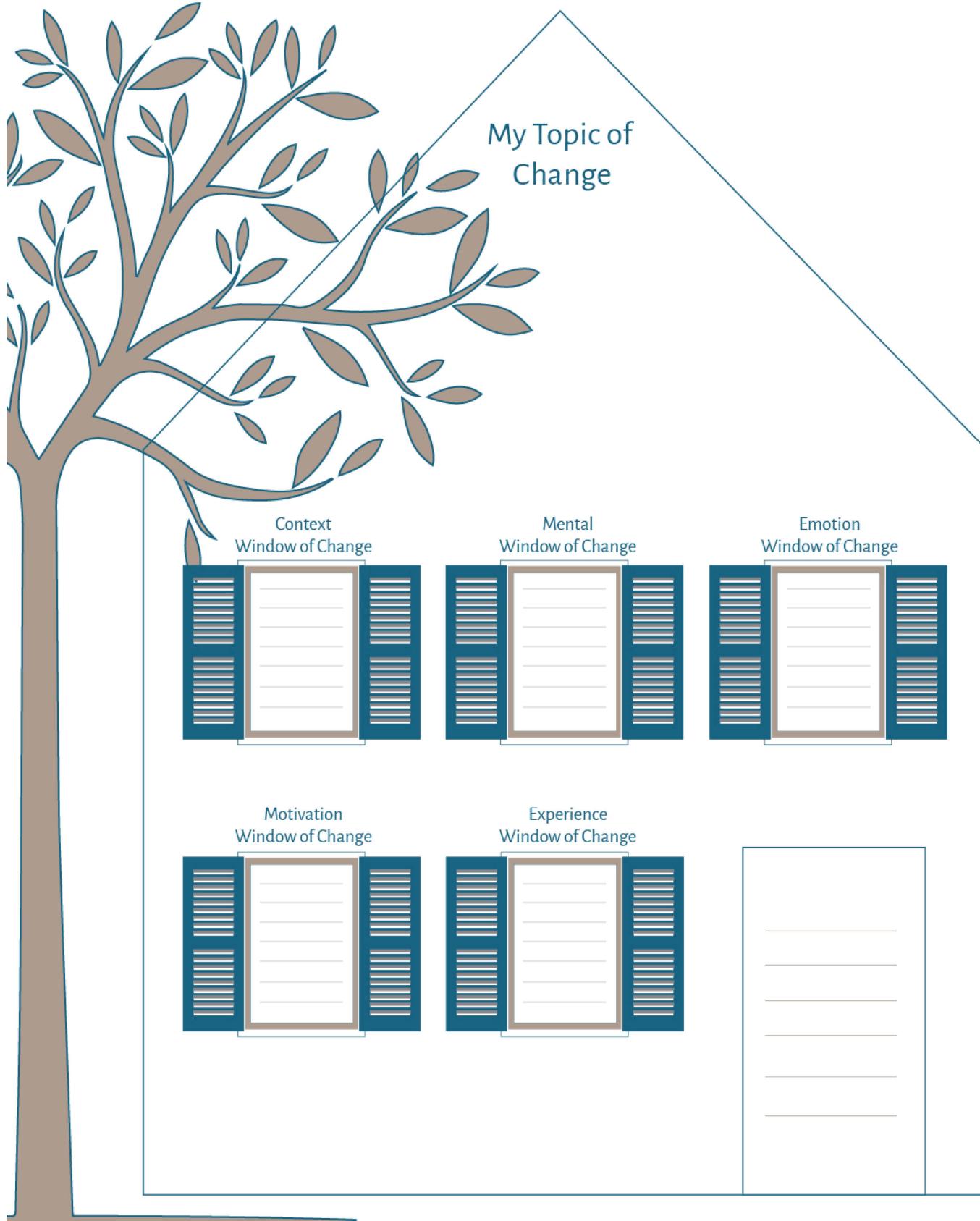
Topic of Change 3:

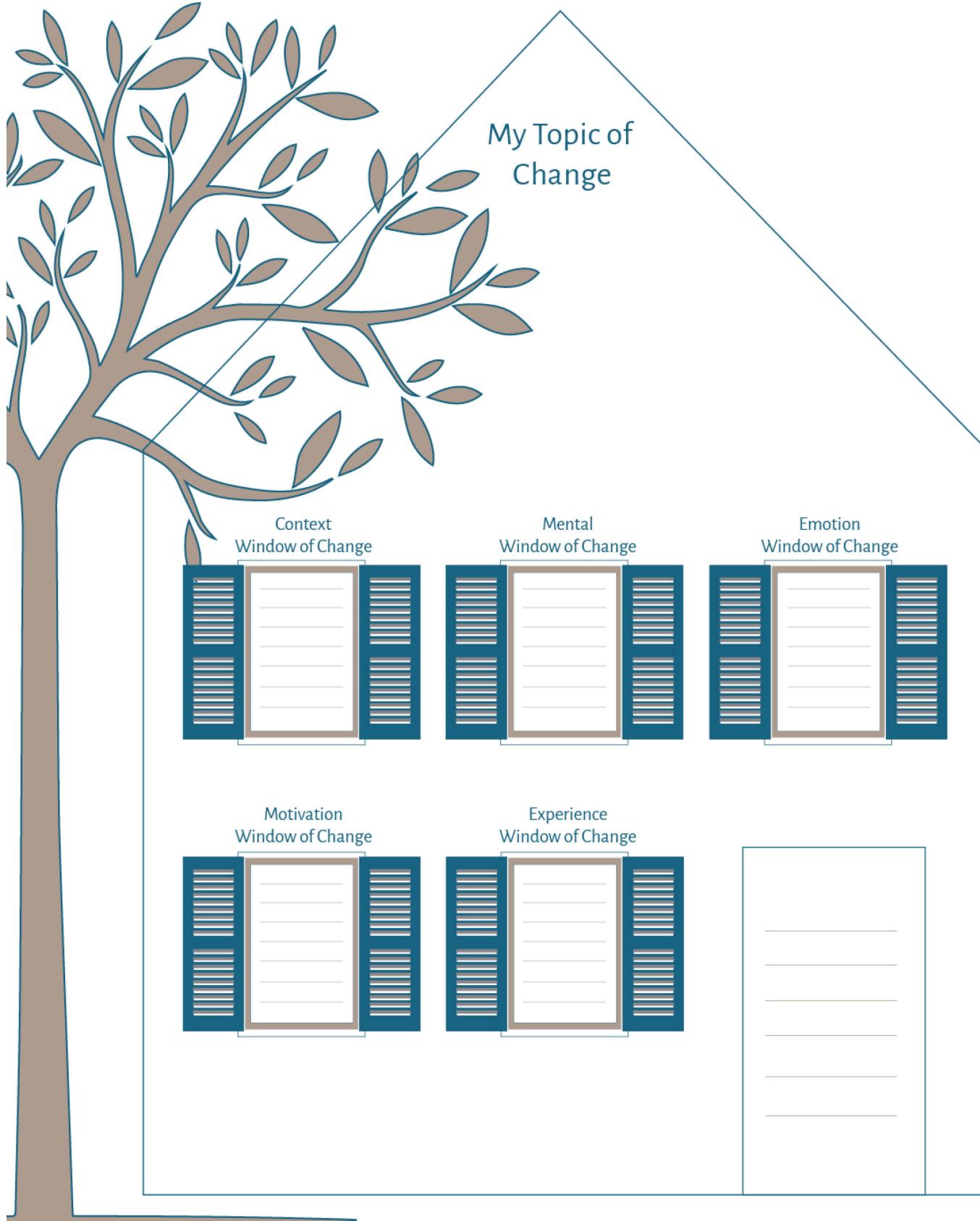
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## MODULE: YOUR CONTEXT WINDOW OF CHANGE

### Assignment: 'Embracing'

However we believe that much of our life is shapeable, there can also be elements of our life that we need to embrace. A few examples - some we mentioned in the video - are: having a sick family member you need to take care of, your family and in-laws who are close and ready to help or are living far away, whether you share the same language with people in your Home of Life, whether you need to cook according to a certain diet or having a partner who has a hobby that consumes a lot of time. You can test for yourself if you fully embraced it by the way you feel. If you fully embraced it, you feel rest and peace.

Look at your 3 Topics of Change. Are there elements you need to embrace to reach a High Quality Life? NB: first make all the assignments of this Module. We will ask you to write down the conclusion in your Home of Life Worksheet later.

What I need to embrace concerning Topic of Change #1:

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What I need to embrace concerning Topic of Change #2:

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What I need to embrace concerning Topic of Change #3:

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What do you feel when you think about what you think you need to embrace? Do you feel like rest and peace? Below you can write down for each Topic of Change what elements you feel peace about and what elements you don't feel peaceful about. Write down what makes it difficult for you to embrace it, so you can take it with you as you go through the other Windows of Change. The program provides insights and tools on how to embrace from four other perspectives. Probably there is another Window of Change that can help you to embrace this situation in your life.

What I need to embrace concerning Topic of Change #1 I feel peace about:

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What I need to embrace concerning Topic of Change #1 I need to address from another Window of Change:

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What I need to embrace concerning Topic of Change #2 I feel peace about:

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What I need to embrace concerning Topic of Change #2 I need to address from another Window of Change:

---

What I need to embrace concerning Topic of Change #3 I feel peace about:

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What I need to embrace concerning Topic of Change #3 I need to address from another Window of Change:

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## MODULE: YOUR CONTEXT WINDOW OF CHANGE

### Assignment: 'Walking Away'

The second strategy is to walk away from a situation or person that's bad for you. This could for example be: leaving a job, a house or a relationship that doesn't make you happy. In most cases it doesn't have to be a black or white decision. If you realize you are not happy with your job, you don't have to resign right away to get a higher quality of life. Maybe even the opposite is true because it may have other unwanted consequences. Instead you can decide to leave within six months and start to look around for better opportunities. This decision can give relief right away. Relief is your indicator that it is a good decision.

Look at your 3 Topics of Change. Are there elements you need to walk away from to reach a High Quality Life?

What I need to walk away from concerning Topic of Change #1:

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What I need to walk away from concerning Topic of Change #2:

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What I need to walk away from concerning Topic of Change #3:

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What do you feel? Does it feel like a relief? If you feel relief, it is a good decision. It is a match with your Inner Voice (the Real You). If you don't feel relief, reassess your (intended) decision. If you made the decision and it cannot be turned around, make peace with that. There will be new opportunities for you because that is how life works.

What I need to walk away from concerning Topic of Change #1 I feel peace about:

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What I need to walk away from concerning Topic of Change #1 I need to address from another Window of Change:

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What I need to walk away from concerning Topic of Change #2 I feel peace about:

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What I need to walk away from concerning Topic of Change #2 I need to address from another Window of Change:

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What I need to walk away from concerning Topic of Change #3 I feel peace about:

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What I need to walk away from concerning Topic of Change #3 I need to address from another Window of Change:

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## MODULE: YOUR CONTEXT WINDOW OF CHANGE

### Assignment: 'Taking Action' (1/2)

Taking Action is your Strategy when you are not happy with a situation or relationship and you are capable of changing it by your own actions. Actually, it is for all situations that are not necessary to embrace or to walk away from. In other words: let's not stay in a situation, complain about it and do nothing about it! This is opposite to creating a High Quality Life. And 'hoping for the better' is not a strategy 😊. If you know what to do but you can't get yourself to it, you'll have this wide range of insights and tools available for you in the Motivational Window of Change. That Window is exactly here for this reason: you desire something but you can't mobilize yourself for it (sustainably).

**NB:** We ask you in this assignment a few more questions than in the previous two assignments. In order to change your Topics of Change it would be wise to consider the Amplifiers in your Culture Triangles. We will help you to consider actions you can take to help you transform your Topics of Change.

Look at your 3 Topics of Change. Are there elements you need to take action on to reach a High Quality Life?

What I need to take action on concerning Topic of Change #1:

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What I need to take action on concerning Topic of Change #2:

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What I need to take action on concerning Topic of Change #3:

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How do you feel? Do you feel certain and responsible? If that's the way you feel, you can be sure you are on the right track. Feeling certain is great and can mean that you still need to figure out things but you are certain that you want to do this. Feeling responsible is having your hands in the clay of your life. You shape your life to match it with your desires and Values. Don't expect others to do it for you. It doesn't get any better than molding your own clay! Enjoy, this is it. This is life flowing through you!

Now go back to the assignment 'Discovering Your Hidden Logics' of Module 5. Look at the right bottom part of your Culture Triangles and check your Amplifiers: which Amplifiers have the most impact on the quality of the culture in your Home of Life? Write these Amplifiers down below. You can work with as many Amplifiers as you want of course. It is often the easiest way to foster change in your current culture and quality of life so it is a good idea to look at the important elements in your life through this Context Window of Change.

Amplifiers that have a big impact on the quality of my life are...

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## MODULE: YOUR CONTEXT WINDOW OF CHANGE

### Assignment: 'Taking Action' (2/2)

What are actions you can take to change these Amplifiers into a neutral or even supportive element for your High Quality Life? Gather all actions in relation to your Amplifiers and decide at the end what actions have the lowest effort in relation to the most impact.

Make your actions really actionable. Moving to another house is e.g. quite a big step and therefore it may paralyze you. If you identify what you really don't look forward to, you can take away barriers. E.g. by taking small actions that don't need any decision yet. E.g. inquiry with the bank on your possibilities for mortgages, making a list of wishes and making an appointment with a broker. If you don't look forward to the actual movement you may inquire into the cost of professional movers or ask relatives about their willingness to help and make it a fun prospect.

Write down actions that you feel like doing to change your Amplifier.

Amplifier

What I can do about it:

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Amplifier

What I can do about it:

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Amplifier

What I can do about it:

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Amplifier

What I can do about it:

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Amplifier

What I can do about it:

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Amplifier

What I can do about it:

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## MODULE: YOUR CONTEXT WINDOW OF CHANGE Filling Home of Life Worksheet & Your Insights

To recap this Module, use the Home of Life Worksheet and write your actions in the window of the Context Window of Change. Below we take you step by step through the process to achieve this.

Step 1: Get your 'Home of Life Worksheet'. For each Topic of Change you will need 1 Home of Life Worksheet.

Step 2: Write on the door the names of yourself and those that are in your Home of Life. Maybe you only write down the persons you may live with in one house but you may want to add persons that are also very important in your personal life culture.

Step 3: Choose maximum 3 actions for the Context Window of Change based on this Module that you feel like are going to make a difference to create a Higher Quality of Life. Do this per Topic of Change. You may think of situations you need to Embrace, Walk Away from or for example Amplifiers that you want to Take Action on. Write them down by using some keywords in the window of the Context Window of Change on your Worksheet.

NB: Only write down what you feel will work. If you feel you are not really motivated yet to follow up on these actions, write them down anyway because the Motivation Window of Change will provide the insights and tools you may need to start working on it.

If you have filled in your actions on your Home of Life Worksheet you can proceed to the final question of this Module:

What are your most important realizations about your own personal situation that you want to remember as you proceed your journey? It may be something related to the Strategies Embracing, Walking Away, Taking Action or with regard to your most important Amplifiers. Record or write down. Do what works best for you.

# MODULE: YOUR MENTAL WINDOW OF CHANGE

## Assignment: 'Detecting Hindering Beliefs'

WITH DOODLY TUTORIAL



You can only create what you believe can happen. Yet, because of the lives we have lived, we all have hindering beliefs. Detecting what might be in your way is therefore an essential step. For example, if you want to be happy, but you believe you don't deserve to be happy, it's much more difficult to allow and experience happiness in your life.

With this assignment you will list at least some beliefs that you may have that make it difficult to reach your goal.

Life Areas		a. Read what you wrote in your assignments on Life Areas in Module 2. Read them carefully and ask yourself the question: What parts of my desired life do I find difficult to believe to be really possible for me? b. Fill in this table; write down underlying beliefs that come to mind. The examples in the Doodly might help to get started.
Social		
Self	Emotional	
	Spiritual	
Health	Body	
	Food	
Wealth		

In the previous Module about your Context Window of Change you looked for ways to change things about your context in order to transform a Topic of Change. Now, in your Mental Window of Change, the assignment is to look for beliefs specifically surrounding your Amplifiers that inhibit your action to change the situation.

Take a close look at the Amplifiers surrounding your Topics of Change. What beliefs do you have that hinder improvement? Write these beliefs down.

## An example

Amplifier: Chronic fatigue due to night shifts and young children.

### Hindering Belief: I can't change jobs.

# MODULE: YOUR MENTAL WINDOW OF CHANGE

## Assignment: 'Smoothing Your Path'

WITH DOODLY TUTORIAL



**Purpose of this assignment: removing hindering beliefs so they don't impact your creation process. We want you to believe that your desired life is possible for you, because if you don't believe achieving your desires is possible, they will not become your reality. To unleash your creative power, there are 2 ways to deal with hindering beliefs. This assignment will take away any hindering belief.**

There are two ways to remove the influence of your hindering beliefs.

1. To replace a hindering belief with a belief that is supportive.
2. To get more general.

It can be powerful to replace your hindering conviction by a supportive conviction but only if you really believe it. If you don't, it is not effective to keep repeating it. You may be better off following the second approach: Getting general. By getting general you will at least get into a believing flow and start building momentum. And maybe you can get pretty close to a concrete supportive belief by some intermediate steps as will be shown below.

Take your hindering beliefs from the assignments indicated in the first row and decide which way is best for you to get to really believing your visualized desires. An example is given of a desire with a hindering belief and how to remove the impact of the hindering belief.

Your desire: (Check out the Assignments on the 4 'Life Areas' in Module 2)	Your Hindering belief: (Check your Assignment on 'Detecting hindering beliefs' and the one on 'Detecting Hindering Beliefs about Amplifiers')	Way to influence your hindering belief:  For more examples, see Doodly Tutorial
'I feel wealthy'	'Wealth is not for people like me'	1. Replace the hindering belief by a supportive one: 'I will be wealthy' (When you don't really believe it, go to 2.)  2. Get general: 'All sorts of people get wealthy' 'If others get wealthy, I might too' 'I might get wealthy as much as any other'

## MODULE: YOUR MENTAL WINDOW OF CHANGE

### The Work of Byron Katie: Exploring the Truth of Your Thoughts

Besides replacing a hindering belief for a better feeling belief or to soften your current belief by going general, you may also let go of your beliefs by deeply inquiring into their truth. If you come to the realization that your belief is not a truth but just a thought that you identified with, this can be a very liberating experience. The question Who would you be without this thought? may bring you the feeling of coming home to who you really are. We recommend The Work of Byron Katie: it's very powerful. Below we give the core questions she works with so you can sense if it has added value for you on this journey to your High Quality Life.

First of all, make sure you are comfortable and in a good mood when you do this exercise.

Check your hindering beliefs of the assignments about 'Hindering Beliefs'. Write down the hindering beliefs which are pretty fixated and ask yourself the following 4 questions for each of them.

Think of a typical situation in which a hindering belief played a big role and ask yourself the following 4 questions:

- Is it true?
- Can you know if it's true?
- How do you behave when you have that thought?
- How would you feel without that thought?

Turning the hindering belief around:

To do the turnarounds, find opposites of the original beliefs. Often a belief can be turned around to the self, to the other, and to the opposite. Not every belief has as many as three turnarounds. Some may have just one or two, and others may have more than three. Some turnarounds may not make any sense to you. Don't force these. Take some time and feel if there is truth in the turnarounds.

If you feel Byron Katie's method could also be a good method for you to deal with beliefs that are hindering you then write this action down together with the related belief on your Home of Life Worksheet in the Mental Window of Change.

To recap this Module, use the Home of Life Worksheet and write your actions in the window of your Mental Window of Change.

Choose maximum 3 actions for your Mental Window of Change based on this Module that you feel like are going to make a difference to create a Higher Quality of Life. Do this per Topic of Change. You may think of exercises like Smoothing Your Path or The Work of Byron Katie to deal with the hindering beliefs you detected for yourself. Write them down by using some keywords in the window of the Mental Window of Change on your Worksheet.

NB: Only write down what you feel will work. If you feel you are not really motivated yet to follow up on these actions, write them down anyway because the Motivation Window of Change will provide the insights and tools you may need to start working on it.

If you have filled in your actions on your Home of Life Worksheet you can proceed to the final question of this Module: What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to stopping your Treadmill of Thought, your Transformative Agent, current beliefs and any other insight that has come to you that feels important to you.

## MODULE: YOUR EMOTION WINDOW OF CHANGE

### Assignment: 'Increasing Emotion Awareness'

The objective of the assignments below is to understand how thoughts lead to experiencing certain emotions.

Read the words on the list of negative emotions (scroll down for this list). Observe what you feel after slowly reading the words. To deepen the exercise you can try to remember moments when you experienced these feelings in your life.

What do you notice in your body?

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Which words are most emotionally charged to you?

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Now read the list on the list of positive emotions on the page after the negative emotions. Observe what you feel after slowly reading the words. To deepen the exercise you can try to remember moments when you experienced these feelings in your life.

What do you notice in your body?

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Which words are most emotionally charged to you?

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We invite you to the same thing with your thoughts during the day. What emotions do your thoughts evoke? It's just a thought so you can assess it and choose to change it. But this starts with being able to observe your emotions. Do this as much as you can during your day. Also observe what you feel after checking the news or watching a program on TV or a series or another activity that you do daily.

We suggest you do this for a week or so and then come back to this program and do the next exercise. If you really feel like proceeding, then make sure that you keep on practicing to observe your emotions and thoughts during the day.

Daily thought / activity:

How I feel afterwards:

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Daily thought / activity:

How I feel afterwards:

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Daily thought / activity:

How I feel afterwards:

---

Daily thought / activity:

How I feel afterwards:

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## MODULE: YOUR EMOTION WINDOW OF CHANGE

### Assignment: 'Increasing Emotion Awareness'

Now take your work of Module 5 (Culture Triangles) and go over the Unwritten Rules you wrote down that regulate emotions in your Home of Life. Don't forget to also look at your additional Unwritten Rules (Assignment 5.7). Also look at your 3 Topics of Change.

Is there or are there emotions that play a substantial role in your life that you don't like? Write them down. Maybe for some Topics of Change or Unwritten Rules that's quite clear. Some Unwritten Rules are do's or don'ts that govern emotions. Examples are 'We are critical all the time', 'We don't laugh a lot', 'Don't say what you really feel'. Some of us might need some time to answer this question.

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Write down what emotions you would like to dominantly experience in the moments that involve your Topics of Change.

Topic of Change #1: 

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Topic of Change #2: 

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Topic of Change #3: 

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Write down what thoughts you would have if you would have these emotions?

Topic of Change #1: 

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Topic of Change #2: 

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Topic of Change #3: 

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In order to attain these thoughts - and therefore emotions - you may want to do the Smoothing Your Path exercise (9.11) or do The Work of Byron Katie as explained in the former module. You can choose to first do that or to first continue with the rest of the Emotion Window of Change and write it as an action in your Home of Life Worksheet.

## MODULE: YOUR EMOTION WINDOW OF CHANGE

### Assignment: 'Increasing Emotion Awareness'

#### Negative Emotions

violent	pessimistic	powerless	miserable
furious	resistant	masochistic	suspicious
revengeful	bitter	self-hating	intimidated
hostile	sarcastic	stuck	nervous
insulting	frustrated	critical	self-critical
ashamed	burdened	cold	restless
exhausted	negative	overwhelmed	upset
disconnected	jealous	mean	controlling
powerless	empty	impatient	reactive
unpleasant	annoyed	incompetent	quarrelsome
guilty	short-tempered	disrespectful	stubborn
hopeless	non-energetic	bored	rebellious
moody	lost	fearful	cowardly
uninterested	lonely	withdrawn	offended
sorrowful	insecure	disturbed	bossy
prejudiced	defensive	fragile	unhappy
hurtful	avoiding	neglectful	unworthy
obsessive	hard	rigid	injured
fake	superior	complaining	...

## MODULE: YOUR EMOTION WINDOW OF CHANGE

### Assignment: 'Increasing Emotion Awareness'

#### Positive Emotions

easy	curious	courageous	friendly
focused	blissful	kind	playful
loved	optimistic	communicative	joyous
liberated	free	frisky	relaxed
sharing	intelligent	interested	listening
considerate	receptive	inspired	encouraged
thrilled	jovial	cooperative	non-judgemental
blessed	humble	welcoming	surprised
empathetic	lighthearted	alive	warm
resourceful	caring	constructive	content
compassionate	calm	gentle	certain
carefree	genuine	stable	forgiving
beautiful	elegant	fulfilled	gracious
secure	authentic	productive	uplifted
honored	appreciative	honest	gentle
privileged	creative	motivated	excellent
confident	healthy	composed	truthful
trusting	energized	aware	responsible
eager	brave	reliable	...

## MODULE: YOUR EMOTION WINDOW OF CHANGE

### Assignment: 'How to Deal with Strong Emotions'

This assignment, just like many assignments of this course, is not a drop and go exercise. Take your time and work on it consistently. You're up for the job of your life: getting more and more in touch with who you really are, your Real Me. Just keep on coming back to your journey so your culture will be one that generates the High Quality Life your desire.

What situations and interactions with others often give you strong emotions? Write down a situation that you would like to practice with first. Are they the same as the situations you put in your Crazy 8s? Or maybe you have discovered some more by now?

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When do you realize that you acted out too much? (a day later or maybe immediately after opening your mouth?)

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Try to decrease the time between the acting out and realizing you did 'it again'. When you succeed to bring them together, as in, you still feel your strong emotion and realize you're HAVING it.

What feelings do you observe? Feel the emotion. Don't identify with it. Just observe it.

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Bring in your own Personal Sentence. For example, you know you're irritated or angry but you want to respond in love to the people surrounding you. What would be a useful sentence for you in this moment to keep on repeating in your head? It could be something like, 'All is Well', 'There is nothing really going wrong here', 'I can be the space for this', etc. Write the sentence you want to have on top of your mind in your Home of Life Worksheet in the Emotion Window of Change. Do this for each Topic of Change.

To recap this Module, use the Home of Life Worksheet and write your actions in the window of your Emotion Window of Change.

Choose for each Topic of Change 1 and maximum 2 emotions you feel like you really need to work on in order to create a Higher Quality of Life. Write in your Home of Life Worksheet the Emotion that you want to start observing more. Also write your Personal Sentence in this window (if you haven't done already).

If you have filled in your actions on your Home of Life Worksheet you can proceed to the final question of this Module: What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your sensitivity to your emotions, your convictions about the possibility of changing emotions, the intensity of certain emotions, your Personal sentence, and/or any other insight that has come to you that feels important to you and you want to carry with you on your journey.

# MODULE: YOUR MOTIVATION WINDOW OF CHANGE

## Assignment: 'How I Motivate Myself!'

NO DOODLY TUTORIAL



Even if you are very motivated, your habits of thought and behavior may have you in a momentum in a different direction. The tips below can help you to build the momentum into the direction of a Higher Quality of Life. Take your Home of Life Worksheets. If you look at what you wrote down in the Windows of Change so far, are there elements you think that will be difficult to pull in the reality of your life?

Go through all of the tips and decide per tip if it will work for you. Everyone is different: only select those tips that you feel like doing and feel like making the difference for you. And it may also differ per goal: some tips are relevant for some goals, others not. So, step 1 is go over the first tip and step 2 is to decide whether this tip will work for you by ticking the box. Then go to the next tip.

### Tip 1: Making your actions actionable (goal setting theory)

Make your desired change actionable by setting goals. This goal must be a little ambitious but also achievable with a limited amount of actions. Chunk the actions you wrote down in your Windows of Change in small pieces. It must be realistic. The idea of the accomplishment must give you energy! Otherwise you must lower your bar or adjust your goal otherwise. Now fill in:

To transform my Topic of Change and fulfill my desire, my goal will be to do these actions (for example, 3 times a week; discuss them with someone; exercise 3 times a week):

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### Tip 2: Don't wait: a small step is already fine!

Don't wait until you are fully motivated and energized. Every step is movement. Even just positive attention to your goals and desired life for as little as 17 seconds will generally shift your habits of thought. Just don't wait for anything: do something now, even when it is small.

Write down things you can do with a little effort but are small steps that head to your desired direction. You can consider anything that shifts the balance towards wanted, a small step.

Small steps that are no effort for me are:

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### Tip 3: Take away distractions

Distraction easily slows down energy and inhibits momentum. Distraction can be a noisy environment, signals on your phone, a lot of stuff in the room, people, etc.

Write down what easily distracts you:

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If possible, take these distracting elements away now.

# MODULE: YOUR MOTIVATION WINDOW OF CHANGE

## Assignment: 'How I Motivate Myself!'

NO DOODLY TUTORIAL



### Tip 4: Tell it to others

Feel if this one will work for you: telling others about your goals and what you are going to do to attain these goals. If you feel like doing this, fill in who are you going to tell it to? (Make sure you can expect positive, stimulating reactions).

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### Tip 5: Surround yourself with supportive people

Inventorize who, in your environment, has negativity as a sort of basic attitude. If possible, evade these people. Surround yourself with positive and supportive people. Fill in the people for each category if you like.

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### Tip 6: Get inspiration

Read success stories, watch inspiring movies. We made a selection for you in the Library of Inspiration. If you know inspirational material that should be part of this Library, feel free to let us know!

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### Tip 7: Make a playlist

Make a playlist of music that motivates you. Play it to support yourself while doing the action you intended to do!



### Tip 8: Write a message so you can be your own best friend at dire moments

As we have said before: be your own best friend! For dire moments it is wonderful to have a message you can read or listen to that your best friend would tell you in such a moment. Make this text for yourself when you are in a high moment. A text that you know will be lovingly patient with you, encourage you, support you, be inspiring to you. Read this text when you are in a low. Don't argue with the text. Just 'listen' to it and feel the effect of the words. I am your best friend and what I want to say to you is...

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## MODULE: YOUR MOTIVATION WINDOW OF CHANGE

### Assignment: 'How I Motivate Myself!'

NO DOODLY TUTORIAL



#### Tip 9: Be your own best friend by self talk as often as you can

Talk to yourself like your own best friend would do as much as you can. Preferably all day long since the way you think determines the quality of your moment. It will get easier and easier to feel good because it will gain momentum. Maybe there are typical moments that you can use to consciously talk to yourself like your best friend. Maybe when you are doing the laundry, when you are in the bathroom, waiting for the bus. If you see this working for you, write the sentences and moments down. If you like you can add milestones (they must be achievable!) and reward yourself if you achieved these milestones.

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#### Tip 10: Get yourself a buddy (an individual or group)

Consider if it works for you to have a buddy, e.g. to go to the gym together. It may be more fun, it may become an extra stimulus to go because you have this appointment you want to keep. Some of us will have even more fun when there is an accountability partner. What will work for you?

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#### Tip 11: Utilize your setbacks

See what you can learn from setbacks or disappointment. If you learn from it, the setback is made useful and part of improvement. That is motivating. Write down what you can learn from a setback or disappointment you recently had and see if it works for you.

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#### Tip 12: Keep an eye on your progress

Keep track of your progress. Not by comparing to others but with where you come from. Write down: How can you see your progress? And in what frequency are you going to monitor your progress? Make a simple and nice to look at – e.g. colorful – overview slide on which you will write your progress down. Or in your diary every time you managed to do a new habit.

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## MODULE: YOUR MOTIVATION WINDOW OF CHANGE

### Assignment: 'How I Motivate Myself!'

NO DOODLY TUTORIAL



Tip 13: Write down WHY you want to reach this goal

Write down the 3 most important reasons why you want to achieve this goal. You may want to put it somewhere where you see it regularly or add it to your best friend message which you can read at low moments. These are the reasons why I want to achieve to bend this Topic of Change Unwritten rule:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Tip 14: What will I miss in my life?

Describe precisely what you will miss if you don't change this Topic of Change.

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Tip 15: Appreciate your current situation

Appreciate where you are now: this gives the positive energy you need to accomplish your goals and stick to the journey of creating your High Quality Life. Write down what you appreciate of your current situation:

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Tip 16: Make it more fun

Write down how you can make it more fun to work on your goal. E.g. by variety, rewarding, beautiful environment, nice people, etc.

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## MODULE: YOUR MOTIVATION WINDOW OF CHANGE

### Assignment: 'How I Motivate Myself!'

NO DOODLY TUTORIAL



#### Tip 17: Make your workplace a nice one

If your goal is achieved by working on a specific spot: make sure your work spot is attractive, cleaned up. Minimalism generally brings peace of mind.



#### Tip 18: Move!

Move! Literally. Physical movement gets you out of potential paralysis and also wakes up your mind. It also works to move if you feel stuck or frustrated or in any kind of negativity. Especially if you feel skeptical, cynical or pessimistic since reason cannot win from conclusions in the past or 'what if' projections in a hypothetical future. It is best to step out of the basic negative mindflow as quickly as you can and you do so by setting your body to move. Swing your arms, jump, walk, take a swim, anything will do as long as you move. The body will produce feel good hormones as soon as you move. It is very helpful to take time for that since a good physical condition gives you the energy to manage your mind and do the things you like. Well, your Health including the food you take is one of the Life Areas you formulated your desires for. You may want to use these motivational tactics to reach your goals in this area and because of the above you will easily find yourself in a positive spiral, giving you the momentum for rapid improvement!

Write down your intentions on movement if you feel this works for you.

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#### Tip 19: Stop identification with unhappy experiences

Don't identify with anything. Identification is the realm of thinking, of emotions, it fuels the Treadmill of Thought. If you had hurtful experiences, don't make them part of the story that you continue to tell to people. Identification with all kinds of unhappy experiences will disconnect you from the Real You, every time you repeat it a bit more. Write down, which stories about your life do you need to share less?

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#### Tip 20: Don't regret

Take decisions and make them right. Don't regret anything and don't rethink decisions after you have taken them. If the decision has not brought you your intended outcome, make a new decision. Decision making generates an energy flow and this flow will easily be adjusted along the way if it gets you to a Higher Quality Life more directly.



#### Tip 21: Don't feel guilty and keep coming back

If you didn't succeed in doing the things you intended to do, don't make a big deal of it because it really isn't. You just didn't turn the momentum from your old to your more desired situation yet. You may have delayed your desires to come into your life a bit but your High Quality Life is always waiting there for you and it always will! Just keep coming back to us and you will get there!



To recap this Module, use the Home of Life Worksheet and write your actions in the window of your Motivation Window of Change.

Choose for each Topic of Change maximum 2 Tips you feel like will really do the work to create a Higher Quality of Life. Write them down in your Home of Life Worksheet.

If you have filled in your actions on your Home of Life Worksheet you can proceed to the final question of this Module: What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to tips you got in the assignment 'How I Motivate Myself' and/or any other insight that has come to you that feels important to you and you want to carry with you on your journey.

## MODULE: YOUR EXPERIENCE WINDOW OF CHANGE

### Assignment: 'Accessing The Real You'

A High Quality Life is strongly connected with the capability of enjoying the present moment. Not only because only in the present, one can experience life, but also because of its power to realize change. To assess and change the quality of our thoughts we need to have a more empty mind; some headspace. The objective of this assignment is to practice with the 4 ways to slow down the Treadmill of Thought and access the Real You, as explained in the video.

The 4 ways to access the Real You are:

1. Focus on your body
2. Focus on the here and now. If you get thoughts just be aware of them and release them.
3. Focus on your senses: sight, hearing, smell, taste and touch.
4. Focus on your breathing

Reserve some time to practice with these 4 ways.

Suggestion:

Maybe you can use the Body Exercise of Module 2.

## MODULE: YOUR EXPERIENCE WINDOW OF CHANGE

### Assignment: 'The Real You in Your Home of Life'

In the video 'The Real You in Your Home of Life' Anna shared many ways to create more space for the Real You in daily life. The objective of this assignment is to practice with these ways to slow down the Treadmill of Thought, reduce the impact of Ego and becoming more still in you daily life in order to connect with the Real You.

The ways Anna mentioned in the video are:

- Checking in with yourself everytime you visit a bathroom
- Listening to rampages on youtube (for example: <https://www.youtube.com/watch?v=rILiqRGdBAM>)
- Taking an evening walk in the neighborhood
- Running on the treadmill in the gym
- Doing sports together with someone of your Home of Life
- Being in the Now during a conversation; remind yourself to keep a part of your consciousness in your body
- Running on the beach
- Spending time with friends you feel really good with. Do you like the version of You when you are with them?
- Having fun with a stranger
- Feeling the sunshine on your skin
- Reading
- Doing a hobby that you can do at home and has the effect on you that it consumes you so much that it clears your mind from thoughts and make you forget time
- Realizing that thoughts cannot take you over if you don't believe them. Say to your thought: 'I don't believe you'. Then it loses its power. You will feel a little shift towards being in the Now. Do it long enough and this thought will not come back. Don't just believe: practice and have your own experience with this!

Now choose two ways of your liking for now. Then write down *when* and *how* you will practice to get more in touch with your Transformative Agent on a daily basis.

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If you have a buddy, make sure that person keeps you accountable and helps you to get rid of the things that prevent you from making time for this in your daily life.

Summarize your actions on your Worksheet Home of Life in the Experience Window of Change.

An option, would be to choose for the first week many of them and experiment with how it feels when you do this a lot. It might help you to quickly discover the power that comes from using these techniques in your daily life.

If this sounds to you like a new year resolution that is probably not going to happen, then pay some extra attention to the Tips you received in the Motivation Window of Change. You've got this!

To recap this Module, use the Home of Life Worksheet and write your actions in the window of your Experience Window of Change.

Choose for each Topic of Change 2 ways from the assignments of this module to access more of the Real You in your daily life to create a Higher Quality of Life.

If you have filled in your actions on your Home of Life Worksheet you can proceed to the final question of this Module: What are your most important realizations about your own personal situation that you want to remember as you proceed on your journey? It may be something related to your Ego, pain body, accessibility to the Real You, what exercise works for you and/or any other insight that has come to you that feels important to you and you want to carry with you on your journey.