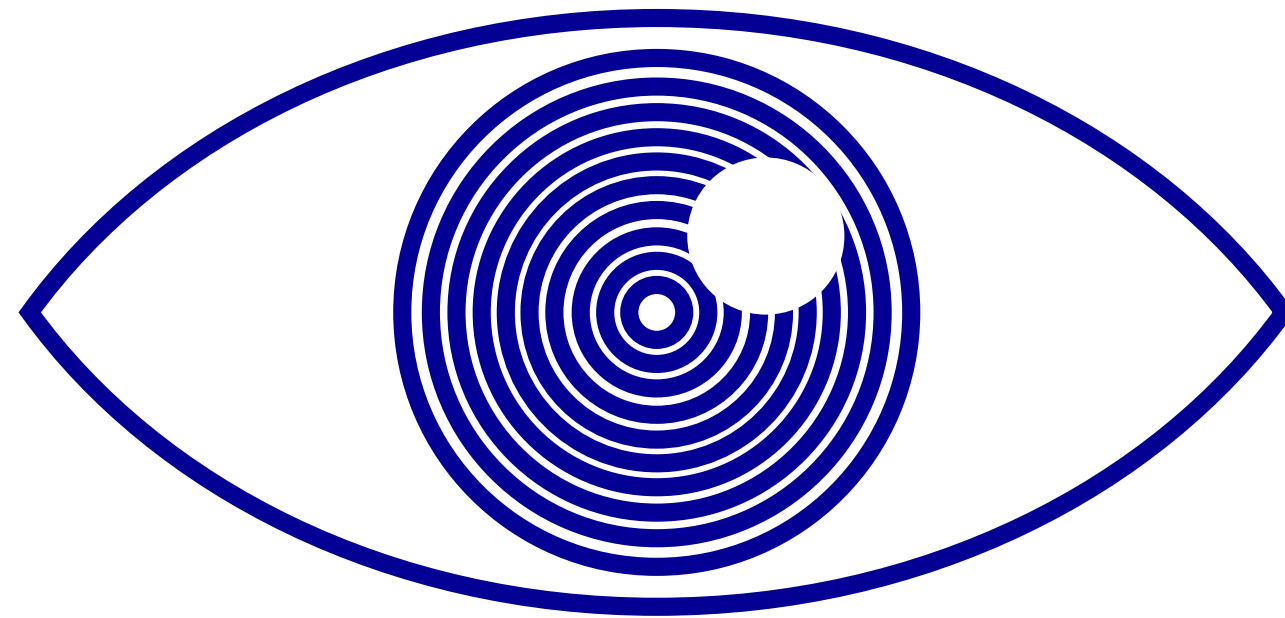


HOW TO DESIGN A WONDERFUL LIFE ?



DEEP LIFE DESIGN

LIFE IS A PIECE OF PAPER
AND
YOU ARE THE DESIGNER

HELLO!

THANK YOU FOR TRYING DEEP LIFE DESIGN! BEFORE YOU START WITH THE VIDEO AND EXERCISE:

- PRINT THIS TEMPLATE OUT.
 - GRAB A BLUE AND GREEN PEN (OR MARKER).
 - GET YOURSELF A NICE DRINK AND A SNACK.
- THEN WATCH THE VIDEO AND DO THE EXERCISE.



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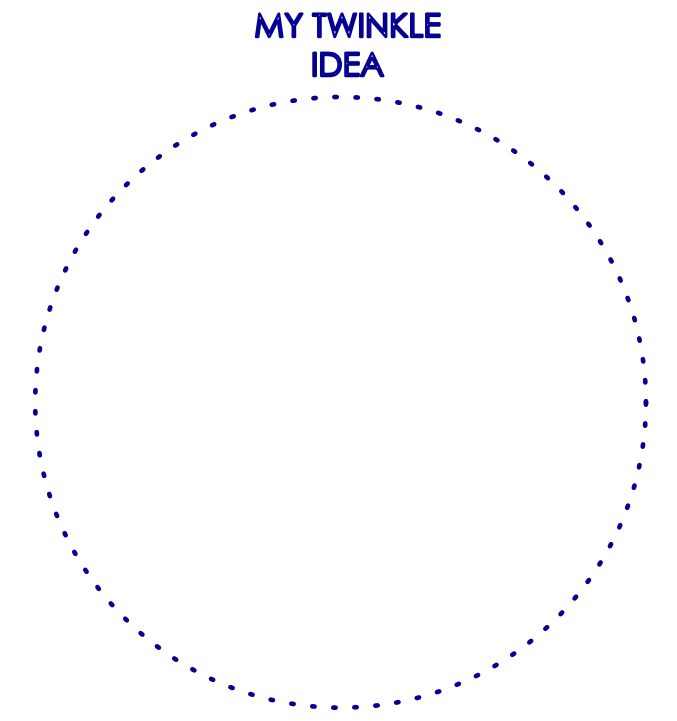
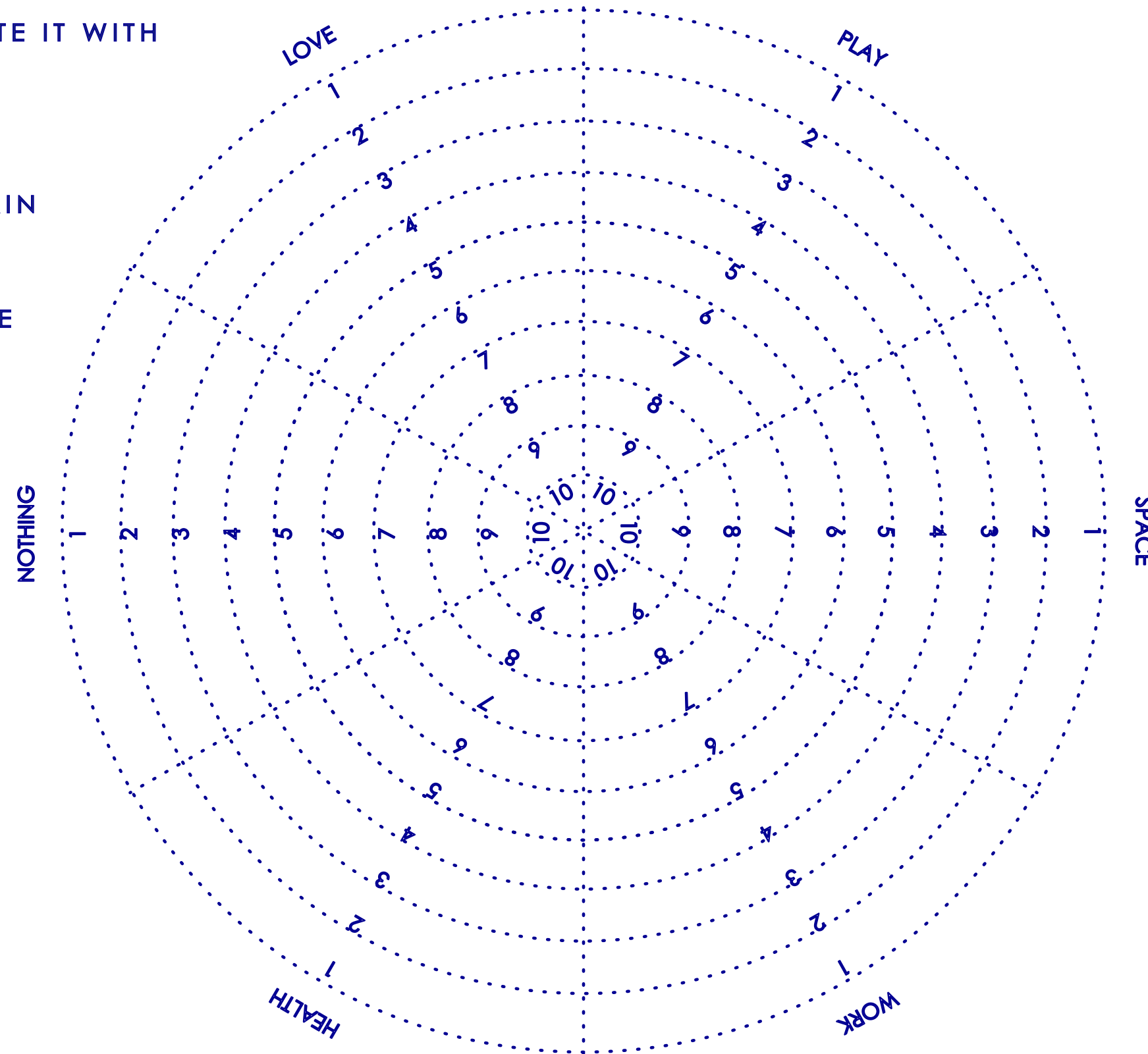
TRY-OUT EXERCISE / OBSERVE CURRENT LIFE

HOW MUCH TIME AND ATTENTION DID YOU RECENTLY GIVE TO THESE DOMAINS?
TAKE A DEEP LOOK INSIDE AND RATE IT WITH A BLUE MARKER FROM 1 TO 10.

1=LOW
10=HIGH

WHAT ARE YOUR GOALS PER DOMAIN FOR THE FUTURE?
PLEASE DRAW THESE IN GREEN.

NOW YOU CAN SEE THE DIFFERENCE BETWEEN THE BLUE AND GREEN.
HOW CAN YOU BRIDGE THE GAP?
THAT MAY BE A FIRST LIFE DESIGN CHALLENGE?



THE CIRCLE ON THE RIGHT IS OUTSIDE THE COMFORT ZONE.
MENTION A WILD AND RADICAL BUT EXCITING IDEA THERE.

TRY-OUT / EVALUATION

YOU TRIED THIS EXERCISE NOW. HOW DOES IT FEEL?

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.....

WHAT ARE YOUR LEARNINGS AND INSIGHTS? WHICH IDEAS OR QUESTIONS DO YOU HAVE NOW FOR YOURSELF?

.....
.....

WHAT DO YOU THINK OF YOUR CURRENT SITUATION?

.....
.....

WHAT WOULD YOU LIKE TO IMPROVE? WHY DO YOU WANT TO CHANGE?

.....
.....

WHAT DO YOU WANT TO KEEP AND WHY?

.....
.....

WHAT DO YOU NEED MOST IN YOUR OWN LIFE? WHAT DO YOU WANT TO GET OUT OF DEEP LIFE DESIGN?

.....
.....

MORE INFO: WWW.DEEP-LIFE-DESIGN.COM