



I decide

If you'd like, take some time now to reflect. Feel free to take a sheet of paper and write down your answers on it. The reflection can be detailed, unfolding as it flows from you. The goal of the reflection is to take some time to consider and determine whether you make the decisions in your life or if someone else does. And once you're aware of that, you can evaluate whether you're okay with how things are or if you'd like to change something. It's not about labeling things as good or bad, but about gaining clarity on whether we are living our own lives or someone else's. And if things are good as they are, then no change is needed. However, if we realize we'd like to make changes and have the courage to do so, then we can take the first steps.

What am I not okay with?

When I look at the situation from a distance, what do I feel? How do I feel about it?

When I think about the fact that I can actively shape my life, what needs redesigning?

How do I envision certain things for my life in the long run?

What is really important to me in my life? What can I do without?

Am I satisfied?

What can remain as it is?

What do I want to change and am I willing to actually do it?