

# Mein persönliches Ethify Journal

vom:

Was sind Herausforderungen und Aufgaben in meinem Leben?

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Welche neuen Fragen und Themen beschäftigen mich in letzter Zeit?

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Was liebe ich (+) und was frustriert mich aktuell (-)?

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Hubschrauberperspektive: Wo sehe ich mich am häufigsten aktiv:

- ⚙ Erwerb
- ⚙ Sorgearbeit
- ⚙ Kultur & Ausbildung
- ⚙ Politik & Engagement

Welche Werte sind mir in den nächsten Jahren wichtig (unterstreichen):

Schau nochmal von oben herab: Was will deine Gemeinschaft/Organisation verändern, was wollt ihr machen?

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Was möchte ich am Ende meines Lebens erreicht haben?

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Welchen Rat würde mir jemand geben, um meine Ziele zu erreichen?

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Wer kann mir helfen, meine Visionen zu realisieren?

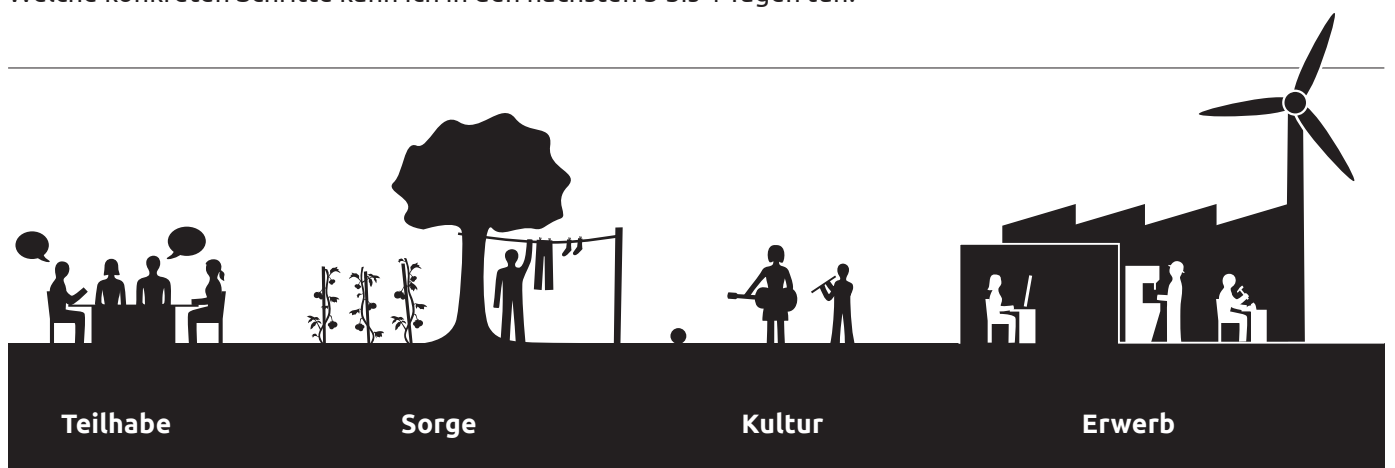
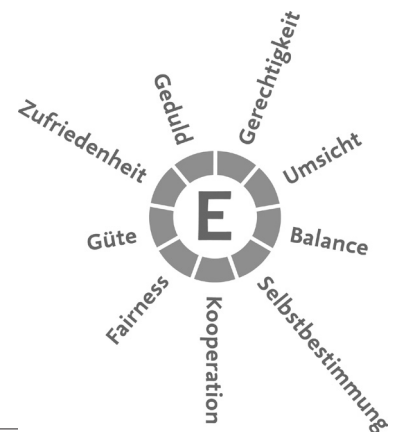
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Wovon muss ich mich befreien?

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Welche konkreten Schritte kann ich in den nächsten 3 bis 4 Tagen tun?

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# My Ethify Journal

Date:

What are the challenges and goals in my life?

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Which questions and topics make me thinking?

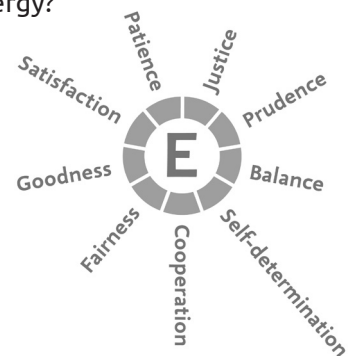
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Imagine the 4 life areas below. What do I like? What makes me frustrated?

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Helicopter perspective: In which area of my life can I see myself active and full of energy?

- Work
- Culture
- Care
- Participation



Mark-up: Which values are important to you?

- Justice
- Self-determination
- Fairness
- Prudence
- Cooperation
- Satisfaction
- Balance
- Goodness
- Patience

Imagine you could fast-forward to the very last moments of your life. What footprint do you want to leave?

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What are some essential core elements of the future that you want to create in the 4 life areas?

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Who can help you make your highest future possibilities a reality?

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What would you have to let go of in order to bring your vision into reality?

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What practical first steps would you take over the next 3 to 4 days?

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