

Meeting the World

BY EARLY DOORS

-A single epigraph for each section could be cool and inspirational quotes sprinkled here and there would be nice. If you can this keep in mind when designing up:)

-On the icons/infographics you'll see an idea/framework that Dustin and I have been chewing on down below - perhaps you can add this to the infographics you are mocking up so it's in line with the rest?

-Are you taking a stab at doing the references/footnotes?

- Design inspo for site in [Notion](#) and [here](#)

Awareness- Stories we tell ourselves (Perception)

Connection - Perspective Hacking (Perspective Taking)

Impact - Possible Selves (Opening up - possibilities)

Espousing - spiritual, psychological philosophical - in an approachable way and with humour

Themes: Safety, Warm Blanket, Overwhelm - EASE

Prompts like devotions (like the Bible? The law of attraction, like [Focus Pocus](#) flipbook/affirmations but better, connection cards...) - to help you reflect, ground, inspire, and take deliberate/intentional/spirited action

Self-Awareness, Non-self interest

Two things can be true

Unraveling, Un/Del-layering, Unspooling

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Intro

"The unexamined life is not worth living" - Socrates

Getting to know yourself is not the easiest of endeavors. Indeed it's a lifelong affair. Sometimes change is subtle and at other times it's abrupt. But whichever way, it's in these instances where we have outgrown our old selves that we must display courage to step into the new.

"What you seek is seeking you" - Rumi

""By failing to investigate the recesses of the mind, we carefully protect our self-image and can continue to think well of ourselves. However we don't escape from the job of introspection lightly. There is almost always a high price to pay for our reluctance to look within." - School of Life (AdB) in Self-Knowledge

the most important thing we can pursue in life is knowing and being ourselves. This has compelled me to dive into meditation, philosophy, psychology and neuroscience.

Coaching is the vehicle I use to package and communicate these concepts to my clients; so they too can forge themselves. -

Summed up nicely but more of an ambition than a reality/achievement is to Know Yourself - not the Drake song, but the adage of a dude like Socrates. :)

How do we shed what no longer serves us?

This leap forward forces us to confront our past selves and choose to let go of the familiar. We then make space to embrace the unknown.

This manual is co-crafted especially for you – the visionary, the changemaker, the endlessly curious. Indulge in what resonates for you and make it wholly your own.

- *By developing your self-awareness, you not only give yourself a gift, you're able to meet the world more fully as you are meant to be.*
- *Knowing yourself is the breeding ground for inner wisdom*
- *Self-knowledge is the sum total of who you truly are as a whole person - not the stories you tell yourself or those that you tell others*
- *When we see ourselves with a clear lenses we are more confident and creative. We make better decisions, connect more deeply with others, and gain more clarity*
- *When we can resource and regulate ourselves sufficiently - we have more understanding and control over our emotions, desires, abilities, goals, and ambitions. This is a crucial step towards the good life.*
- *By enhancing your self-awareness, you're empowering yourself to engage with the world embodying the person you're destined to become.*
- *There is no need to perform or posture - you can be your authentic uncontrived self. - so you can meet the world simply as you want to be.*
- Not everyone has the money, access, and time to do ten years of therapy, take a sabbatical, embark on a plant medicine journey, study Buddhist meditation, contemplate the future of work, or delve into personal purpose, impact, and community building.
There is no hack for this. We are a group of individuals dedicated to helping make XYZ and this is our invitation to you to try on, play with, and lean into.
- We've offered 'pairings' including somatic exercises (ie. box breathing), articles, frameworks, books, podcasts, and vidoes (ie. [Who Am I?](#))
- You thought you were messy? Wait until you meet one of our squad members :)

Setting the Stage

"Our life is shaped by our mind; we become what we think." – Gautama Buddha

Purpose: Take stock of where you are at so you might:

- a) understand the stories you are telling yourself
- b) tell yourself a new story
- c) Soften your grasp on your your old identity to become more aligned and shape a new reality

Core Story: What (core/principle/main) story do you tell yourself? Does this still serve you? If not, what's a new story you might write for yourself?

Reframe: A New Story

- Prompts to know yourself: neighbor, colleague, friend
- Work - Love - Money - Health - Rest - Play (Wheel of life is often a fallacy - there is no balance and everything is interconnected - it's helpful in some cases. What about us breaking down things even more simply into quadrants - ref [Bentoism](#), [Integral theory](#), or even [Spiral Dynamics](#) (without the fluff and more accessible)
- Fun and engaging?
- The gap between where you think you are and where you actually are
- Self-image (take a selfie?)
- Preserving and protecting your 'outdated' identity because it's familiar, easy, safe, comfortable
- Tough Love - Gut Punch - What do you need a reality check on as you are reading this?
- Drawing activity (resonance - what's working - dissonance - what's not?)
- We oversimplify the data we receive through our own filters of personal experience and preferences. Our brains select about 40 bits of information out of the 11 million we receive every second!
- Assessments - parings? link to one or more if it serves: [Big 5](#), [Enneagram](#), [Human Design](#), MBTI ([Adam Grant says it's misguided](#) - do we agree?)
- Judge Your Neighbour / Yourself. A play on [JYNW](#) or [Sabateour](#) Assessment

Let's Jump In Shall We

Alison - tell us about who you believe yourself to be. What are your qualities and characteristics? How do you "show up" in the world? - write a single-page

Mo-Ling - what did you like to play most at age 5-7; how would you intro yourself to a neighbour (how would you introduce yourself to a new client, what would your best friend say about you, what would your ex-friend (or ex-boyfriend/girlfriend or critic) say about you.?

Jonas - Wheel of life? - this is a simplified version I'm most happy (so long as we emphasize that all quadrants are interconnected and that the user might want to tweak/twerk the categories)

Vicky - Think of something that is challenging, difficult or you want to work on that is currently happening in your life. What can you take responsibility for? - draw the decisions (causal links) that led to that situation or the like

[36 Questions to fall in love](#)

Take a selfie before and after this toolkit!

Sara - when/where do you feel most alive? Consistency vs spontaneity spectrum (Maybe from The Shape of Work? jonas@socialfabric.com ?) Think about a time in your life where you were at your best -- what elements were there? What parts of those are with you now? The unraveling - unravel the basics of the world as we know it in order to challenge the status quo. Things like productivity (why the 40 hour work week?), family, success, nationality, etc. Does any of this serve us? What can we stop buying into to free ourselves

Inquiry → Invitation → In Practice

Introspection (excavating deep within, Integration (into your daily life, stacking habits, making them stick)

1. Stories (we tell ourselves)

'The only person you need to believe in is you.' - Unknown

"The only person you are destined to become is the person you decide to be." - Ralph Waldo Emerson

"We don't see things as they are, we see them as we are." - [The Talmud](#)

"Part of improving how we judge ourselves involves learning - in a conscious, deliberate way - to speak to ourselves in a new and different manner, and this means exposing ourselves to better voices." - [Self Knowledge. School of Life](#)

A strategy that uses your friend (or Beyonce?)

- 1) A good friend likes and accepts you as you are
- 2) They emphasize and keep in mind what we're getting/doing/being right
- 3) They shine a better light on failure; they know that failure is not rare - and can bring in their own human/lived experience of fucking up to give context and act as a point of reference - they remind us that our specific case might be unique but the general structure is quite common.
- 4) Bonus* - the Reverse Golden Rule: don't treat yourself in ways you wouldn't treat others. Or simply: extend yourself the same courtesy/decency you already show everybody else.

The stories we tell about our lives have profound effects on our wellbeing
The [Illusion of Continuity](#) - Shankar Vedantam

on an ongoing basis you are constantly becoming a new person
(Neuroplasticity and cell regeneration)

don't treat yourself in ways you wouldn't treat others. This seems to me an admirably down-to-earth, schmaltz-free sort of principle. It's not about convincing yourself you're special or unique. It's just a matter of extending to yourself the same decency you already show everyone else.

Perception (your subjective narrow view) vs. Perspective (taking a wide-angled lens

<The construction of our individual worlds, and the people, places, and opportunities in them, is

completely determined by our perspective. The mood we're in that day, the things that have happened to us in life, the way we were raised, the things we have learned (or not learned as the case sometimes may be, all affect how we view the world and, in turn, the actually state of our world.??

On Personas: <https://www.youtube.com/watch?v=tcmGNcrh4mE>

'When you embrace a new persona, it allows you to break out of your comfort zone and become a new, better version of yourself.'

*Beyonce becomes **Sasha Fierce***

*Stefani Germanotta becomes **Lady Gaga***

*Norma Mortenson becomes **Marilyn Monroe***

Are you self-aware? Are you sure that the image that you have of yourself is true and honest to who you really are?

Sometimes we hold onto an image that we have of ourselves to avoid taking action or to excuse ourselves from doing the hard thing we know will really benefit us. For example, it could be that we identify with a positive quality – I'm hardworking, I'm a good person, I'm a good listener, I am patient – and ignore any evidence that this might not be true. Then when we experience a negative event that might question that quality, rather than considering how we might have contributed to that event, we blame outside forces or other people. When the truth is, we may have played a part. This prevents us from taking action to change undesirable situations in our lives.

Or it could be a negative quality that racks us with shame or guilt and clouds our judgments and actions. We might see ourselves as a failure, or not intelligent enough, or not good in social interactions and we avoid putting ourselves in situations that we feel might expose those parts of us.

Self-awareness is about taking the steps to understand who we really are – both positive and undesirable qualities – so that we can truly be clear on how we're contributing to our current situation and make changes where we need to.

→ What's the identity you told yourself?

- What is the opposite of that identity? To what extent could it be true?
- How could the identity you have of yourself be holding you back?
- What is the language of a self-aware person?

The gut punch: as an adult, your current situation is a direct result of past decisions and choices you have made. If you are unhappy with any aspect of your life, are you prepared to explore how the image you have of yourself may prevent from you seeing the role you have played in that?

In contrast to still (seated) or moving (running/walking) meditations there are philosophical meditations. Those meaty, juicy questions about the good life, meaning-making, and matters of ultimate concern. Questions to contemplate and inquiry within:

Meditations

- *What am I presently anxious about?*
- *What am I presently upset about?*
- *What am I presently excited about?*

and/or

Where did I come from?

Where am I now

Where am I going?

or...

Our Stories

Alison: "I'm hard working"

I work a lot. I like to work. I am disciplined. I am good at focusing. These are all things I tell myself and for the most part, are true. Others would say the same about me (possibly because I tell them that's who I am)... I do work a lot. Into the evenings, at weekends. And I enjoy doing

so. I'm passionate about my work and making a difference. However, in situations where I might be procrastinating, or even being downright lazy, I may be unable to see it because I fully believe that I'm a hard worker. I'll let myself off the hook and tell myself I deserve that nap because I work hard. Or I need a break, when really I should be working towards that deadline because if I don't I'll let someone down. I make excuses for myself because I associate myself with being industrious and it's hard for me to see anything else. That would be to lose a bit of who I think I am. But if I, even temporarily, associate with being a lazy person, it allows me to see the times when I'm not who I think I am. By not allowing myself to see that I can be lazy, I don't notice the times when I'm not "pulling my weight". Just taking a glimpse into an alternative view of myself helps me to see when I'm telling myself a story that might not be true. I still work hard, but sometimes I can be lazy. And that's OK.

In reality, we should all be holding lightly any kind of attachment to a characteristic, or quality, as by holding it too tightly, we may be closing ourselves off to opportunities for change.

Mo-Ling - I failed out of 2nd Year University and became a Hippy

At school, I was always a straight-A student. At the time, I got a scholarship for University in Canada and went straight into a Pre-Commerce BA degree. To anyone who knows me today (as a design culture nerd) this choice would probably prompt a quizzical WTF?!? And I myself wonder what I was thinking.

My Hong Kong Chinese parents made it clear that the only options for the future would be Law, Medicine, or Dentistry. So upon getting to University - I promptly found myself sleeping all day, missing classes, becoming increasingly disinterested and disconnected - essentially 'f*cking up'. Well, I probably did develop the ability to smoke pot, forge IDs to go clubbing all night, and learn the art of the road trip - finding my way down the West Coast to catch Grateful Dead gigs and hang on the Haight ;-). By second year, I felt totally lost with it all - didn't hand in assignments or show up to exams, and basically just avoided the whole thing. I didn't talk to teachers or peers about it, I didn't tell my parents or confide in sisters or friends. I didn't really consciously make a decision to leave, or understand that I was walking away from the degree. Avoidance. Denial. Escape. "It is not really my fault, University is not what I thought it would be; how is this useful; I have no idea what I want to do with my life anyway." Not making a choice is still a choice. And for me it was a non-choice, or a feeble attempt to ignore and distract. I did get a job slinging bagels to save money and travel. In the proceeding years, I travelled around parts of Africa, India, Southeast Asia and started to develop more understanding, cultural context, adaptability, self-awareness, authenticity, and experience.

My hippy self made vague recollections like “oh it wasn’t my path”, “it was my parents expectations”, “too straight and mainstream”, “I needed to find myself”. And while there was some truth to that. It was not until over a decade later, that I could admit to myself that “I dropped out”, “I ran away”, “I failed out of University”. I did not take responsibility for my actions or non-actions; I did not make an actual decision, think about consequences and act with integrity. Being honest with oneself is a life long process of reframing the narrative. Pema Chodron talks about the Buddhist concept of Maitri, acknowledging one’s own fears, and insecurities with empathy and an open heart. How we speak to ourselves shapes how we meet the world.

Jonas ‘I am a failure’

A story I used (and sometimes still creeps in) myself

I dropped out of Law school.

I was supposed to be a 3rd generation Altman lawyer. All signs pointed that way. My grandfather was a Queen’s counsel, and my dad, two uncles, and brother are all lawyers. I had this undeniable feeling that I was in the wrong shoes, living someone else’s life. This was the mantra of: *should do this, should be that*.

One day I woke up (it was probably not as abrupt but this is a story I tell myself :)) and made the decision to choose myself instead. This was the mantra of: must do this, have to be that.

I knew in my bones there was something else for in this short time we have on this planet and that, “Becoming a lawyer, and then deciding what I want to do with my life’ was actually terrible advice. At least for me, it was. Catering to my spirited nature and indulging my creative self has been endlessly rewarding. In midlife, I’m excited to wake up and work to live, share my gifts, and learn to become a better person every day.

Sara “I need to settle down”

I grew up in a small city in Ohio with a true sense of community within my neighbors, Jewish community, friends and family. I was there until I was 18, when I left for college and then continued to move further and further away over time (first Indiana, then Miami, then New York, and then Israel, India and beyond). I started to see myself as less American and more interested

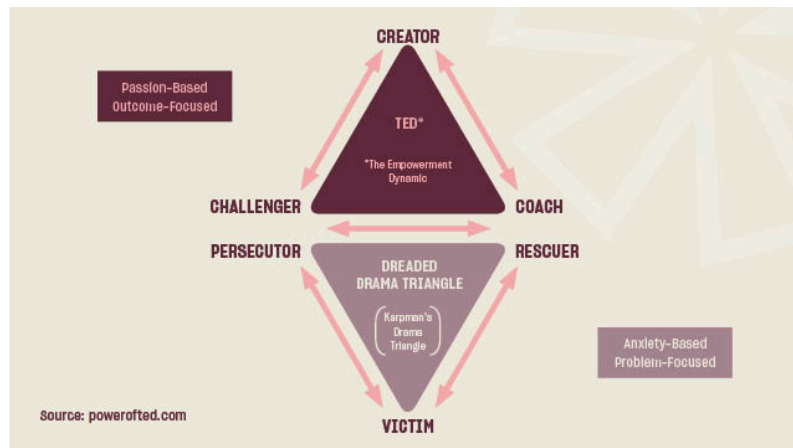
in being part of different cultures, collecting cultural understanding and challenging my own as I traveled to new countries. I ended up being an expat (now 13 years into living in Tel Aviv) while maintaining a nomadic existence that allows me to spend time in different places throughout the year, bounce, have pattern interruption, and feel free. I never felt the need to settle down, I always felt that this existence fed me, made me more creative and gave me the opportunity to be present with myself, people I love no matter where they are in the world. Even after finding a partner I maintained this lifestyle with him. Only now as we start a family – now two little kids – am I starting to tell myself the story that I need to settle down. With kids I feel the forces are against me – that consistency and stability and place starts to really matter. I know there are millions of alternative ways to live and raise a family but the pressure to give them 1 home, to go to school, to work on site, to be local in 1 community is large and heavy. Every decision I make either fits in “settling down” or “collecting experiences” which was my normal way of living until this point. And at this moment, I find it very challenging to move forward in any direction because of this inner battle I am facing. Move, rent, buy a home, book a flight, sign a kid up for school or nanny-share...everything shifts me one way or another towards or away from this story. Would it serve me to try to fall in place? Would it just be easier but far more soul crushing or is it a natural progression?

- Our thoughts create our reality
- On the stories we tell ourselves and others
- Why are we here?
- Where did I come from, where am I, and where I am heading/going?
- What is our time best used for?

😊 Inspo: [The past is not true](#), [A soft manifesto](#), [Presentation of Self](#)

Esther Perel talks about seeing the situation or narrative (husband and wife perspective hacking)

Hero - Villian - Victim - [The Drama Triangle](#)



Which leads nicely on to... Possible Selves →

Jonny - the story I tell myself

'I have ADHD' - the productivity trap

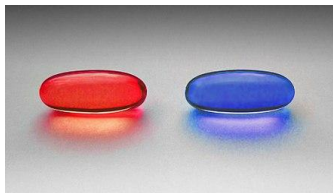
This is an interesting one for me, as on one hand, this diagnosis from a psychiatrist has proved to be quite useful for me. It has helped me to better understand some of my behavioral patterns, and approach them with kindness and self-love. It has also helped harness what I believe to be very positive qualities including hyper-productivity at times. That said, this label can also limit me. I sometimes tell myself a story that I can't focus for long periods because of it, but that's also not entirely true - in the right conditions with motivation it can work great for me - i.e. on a plane. I feel that this story can create an excuse for not bothering - and then I can get caught in the 'laziness' label trap. This is also not helpful! What is laziness but just a negative measurement of time spent perhaps usefully recharging - to then be more 'productive'. Societally we have human-constructed measurements of 'time working = productivity' - we can thank Henry Ford for the 9-5 - but what does factory line work in the mass production of cars have to do with intellectual productivity - nothing. How many hours is productive? There isn't a clear answer to this, and nor should there be. Life is about balance, and is about self-care in relation to output - is about stimulation in order to create - perhaps thats spending half your day walking in nature....

2. Perspective Hacking



Red Pill / Blue Pill - too cliché?

https://en.wikipedia.org/wiki/Red_pill_and_blue_pill



Ever wondered what it's like to see the world from another's viewpoint? This chapter explores perspective hacking for self-discovery, creativity, and innovation. We'll uncover its power to broaden your horizons, boost empathy, and spark creative thinking. Ready to hack into new perspectives

Hindu philosophy might be said to provide three avenues:

1. The avenue of pleasure (Kama)
2. The avenue of worldly success (Artha)
3. The avenue of service to others (Moksha)

And a single path (Your Dharma): the path of Self-knowledge. Only the path of Self-knowledge satisfies what we most long for. If I know myself, fully, and have self-knowledge then I have come home, am at peace, and can meet the world fully as I am.

Born out of a compulsion for a balanced way of seeing, doing, and being.

Adopting a wide-angle lens with our [8-thinking hats](#) for a balanced view.

Out of → surviving, patterns, limited beliefs, comparison, outdated constructs, and un-serving modes of being/doing

Into → thriving, abundance, objectivity, nature of reality, clear thinking, inner wisdom and knowing, intuiting, and serving modes of being/doing.

Edward de Bono's six thinking hats encourage us to take a different perspective which is associated with a colour. Red = emotion, Blue = logic, Green = creativity, Black = negative, Yellow = positive, white = ???

"When I judge someone for X, I am trying to feel Y"

But, what would it be like to 'try on' someone else's perspective for a while? Haven't you ever been curious to see the world through someone else's eyes? Like, what do they see? How do they experience the world? How might this help you to see a situation or a challenge differently? (WWBD = what would Beyonce do?)

(WWMD = what would Michelle Obama do?)

We've put together a little run down of how each of us approaches problems and new situations. What happens when you apply this way of thinking for yourself?

Can you sum up your own current way of thinking and offer it back to the collective?
How do you boil down how each of us thinks into one sentence?

Vicky: Approaches life and situations with a steadfast focus on ensuring her actions align with her deeply held values, especially when she finds herself uncertain about the long-term plan.

- Am I misdirecting my resources? Can I align them with my values more?

Jonas: Ponders deeply, dances with the future, waltzes with time, and wanders in the labyrinth of the world's wonders.

- What tune am I listening to?
- What happens when I step out of liminality and into structure?
- Code-switching?

Mo-Ling: Embraces the intricate dance of life with an open mind and heart, approaches every interaction with curiosity and collaboration, and always makes room for innovation, collective growth, and reflective moments if ya can dude. How do I make decisions on jobs, opportunities, ideas, projects and life moves?

1. **Relationships**

- Collaboration with people that motivate and inspire
- Does this add to the depth of friendships, relationships and to my communities

2. **Learning**

- Does this set up a situation of possible serendipity, emergence, learning and challenge (within my bandwidth and balance)?
- Is there a sense of curiosity and empathy about the situation?
- Does this add to my own competencies, fluency and variety?

3. **Personal Agency and cultures**

- Does this add to the Cultural depth and evolution of my personal life, communities, society, and next generations?
- I am trying to embrace more 'long time' thinking. Which runs up against my spontaneous, gooey nature. But it feels good.

Jonas

Who are you? Who are you becoming?

I surf. I don't say I'm a surfer.

I wrote a book. I don't yet call myself a writer.

I try to meditate. But I can't call myself a meditator yet.

Alison: You see the world as a complex web of interconnected ideas and systems, valuing critical thinking, strategic planning, and a proactive mindset in addressing challenges and fostering positive change. Questions:

- Have I seen this before? Is it connected, related, or similar to something else I know about?

- If I think forward to next year, what would be my ideal outcome? What does life look like? What am I doing? Who am I with? What have I achieved?
- What is the win-win situation for everyone involved? How possible is it? What are the trade-offs for me and others?
- If I do X, what do I imagine might happen? How am I judging that outcome? What assumptions am I making?
- If I take an action, what is the knock-on effect or consequences (positive or negative)?
- What's a potential small step that I can take where I feel comfortable with the uncertainty of the outcome?

Pairings for perspective hacking- we might say for example that if you 'suffer' or 'thrive' with your ADHD then you might pair this with a long walk (1 hour plus - for total immersion it's 2.5 hours minimum) of nature immersion.

For another hack, we might pair it with an Esther Perrel podcast episode, an article/book, a conversation with a close friend, etc...

Sara: You flow - try not to plan that much allowing yourself to be open to the winds of change and where life is taking you. Know your worth and generally where you want to spend your time but other than that just bounce...in and out of places, focuses, themes, patterns, and projects. In between find the time to be and enjoy the pattern interruptions that come with constant change. See everything as a new experience. Collect them passionately.

Jonny: Collaboration, in pursuit of changing the status quo. A seeker of the new, and a supporter of the disenfranchised. Embracing the power of art for positive social impact. All the while, having FUN.

Dustin:

Lucas:

How do we navigate transition in our thinking (updating to story?) how are we being, who do we tell (do we share?) how does this parlay into possible selves and the work/life/other transitions in our behaviours and actions?

🧠Inspo:

[87 questions for](#) self-reflection

[Code-Switching](#)

Judge Your Neighbour / Yourself. A play on [JYNW](#) or [Sabateour](#) Assessment

3. Possible Selves

“Change always takes much longer than we expect because to make room for the new, we have to get rid of some of the old selves we are dragging around, and unconsciously, still invested in becoming.” –Herminia Ibarra

“Do something today that your future self will thank you for.” -Sean Patrick Flanery

Become the architect/curator of your future self

_Curious > Spend time with people outside your purview, expand your horizons

_Humility > Your future may likely disagree with your former self

- Bravery (build capacity) - strength, and wisdom

[Where do you draw the chapter break in your life?](#) If you draw it on a downward spiral it can be a contamination sequence yet if you continue and end it on an upward spiral it can be a redemption sequence.

‘The stories that we tell about our lives are strong predictors about how we are doing’ - [Jonathan Adler](#)

Wellbeing

Hedonic - feels good

Eudemonic - it feels meaningful - it's this that we are focusing/talking about - finding meaning in life :)

Master Narratives

Of Culture Context, Families, Communities, Cities, Countries— by God do we need to upgrade our national and cultural narratives ...

Questions.

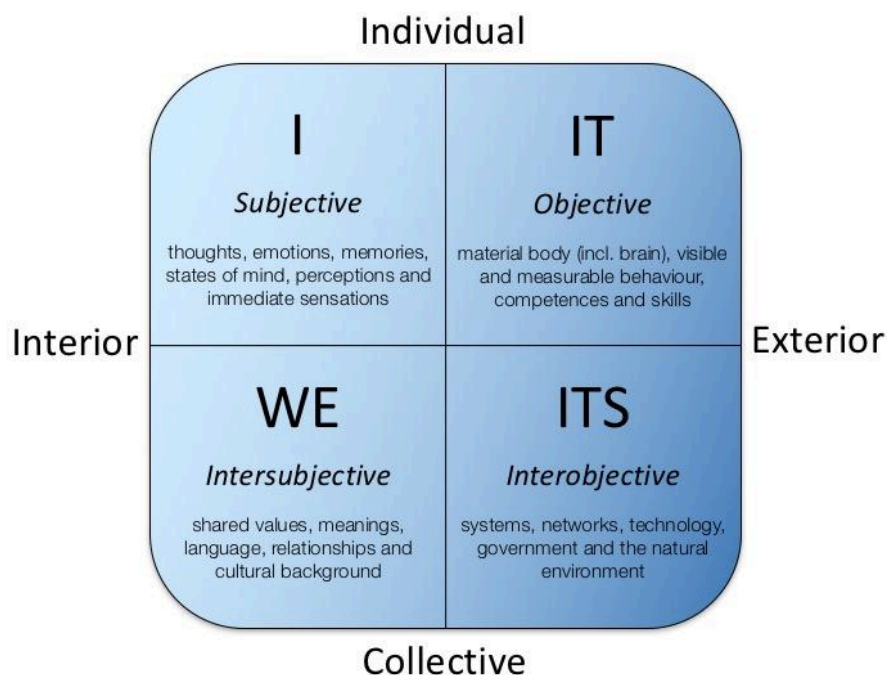
What is our goal with this section?

Why did we limit it to a short horizon (3-6-12 months) - is that still the right call?

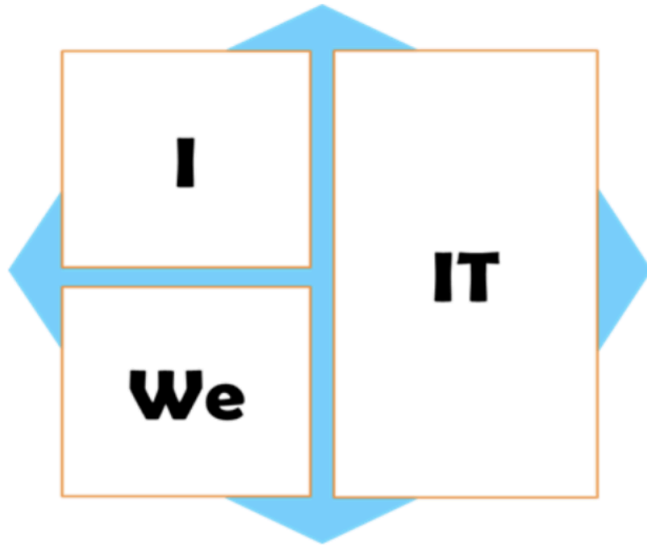
What about putting parts of ourselves to rest? Saying No so we can say Yes to the other?

What about prototyping, experimenting, going to our edges, and defining new contours to our work and life? - how do we encourage/nudge/provoke/invite this?

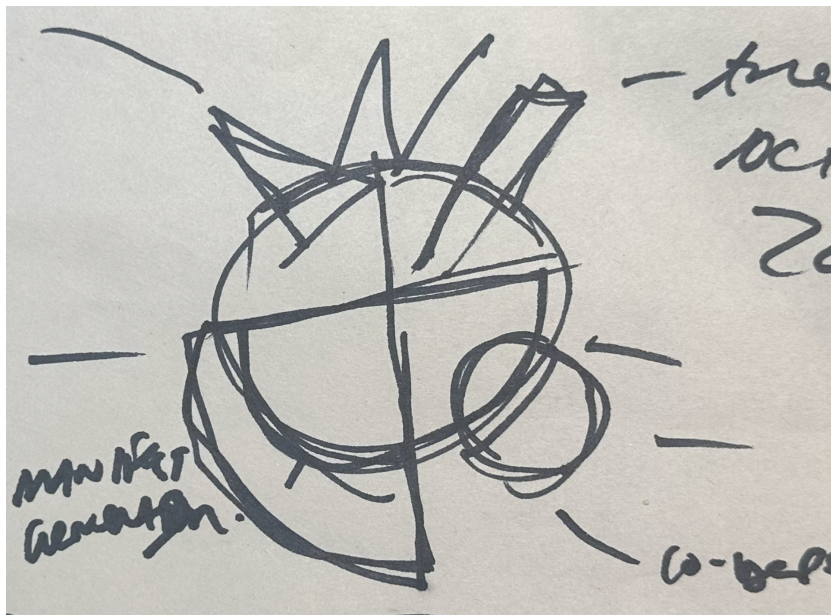
Some ideas on an un-framework/graphic tool that iterates as follows::



More simplified:



And even more Early Doors-ish:



*Notes

- this is a snapshot in time - a way to orientate and act as a nudge/catalyst/invitation for seeing your life as a **transformational workshop**

- The 'title' is for the 3 or 4 quadrants shifts so maybe we offer a menu of words - and the user fills in their own? - possibilities: **Dream** capsule (what's in yours?), **Time** horizon, **Connection** (self/others), **Personhood** (traits/characteristics/qualities)...

Self, Work, Relationships/Othering, Love...

emotional chart					
love	peaceful	satisfied	sadness	suffering	agony
		relieved			hurt
	tenderness	compassionate		sadness	depressed
		caring			sorrow
	desire	infatuation		disappointed	dismayed
		passion			displeased
	longing	attracted		shameful	regretful
		sentimental			guilty
	affectionate	fondness		neglected	isolated
		romantic			lonely
				despair	grief
					powerless
joy	entranced	rapture	anger	disgust	revolted
		enchanted			contempt
	elation	jubilant		envy	jealous
		euphoric			resentful
	enthusiastic	zeal		irritable	aggravated
		excited			annoyed
	optimistic	hopeful		exasperated	frustrated
		eager			agitated
	proud	illustrious		rage	hostile
		triumphant			hate
	cheerful	blissful			
		jovial			
	happy	delighted			
		amused			
	content	satisfied			
		pleased			
surprised	stunned	shocked	fear	horror	dread
		dismayed			mortified
	confused	disillusioned		nervous	anxious
		perplexed			worried
	amazed	astonished		insecure	inadequate
		awe-struck			inferior
	overcome	speechless		terror	hysterical
		astounded			panic
	moved	stimulated		scared	helpless
		touched			frightened

— saritawalsh

Horoscopes!

(For the first time in your life, you may) feel like a true victor of your own story, without any shame or blame.

'You may preparing for another period of rebirth and there will be many new opportunities opening up for you now'

Mindsets.

- a) Try on (prototype/experiment)
- b) Decide (maybe you need to go back to 1) stories and/or 2) Perspective hacking again)
- c) Commit
- d) Listen, learn, and go even wider/deeper if it feels right

Time horizons.

Tie it back to perspective hacking (Carl Sagan's pale blue dot, an old-growth forest tree, - we want enough time (and courage to get out of our stories) to elicit feedback / create a feedback loop, gather actionable data, and build, confidence/competence)

What does next season (internal or literal)? A temporal landscape where you can try on new hats, outfits (literally), identities, selves...

Self-Renewal

From John Gardner on Self Renewal

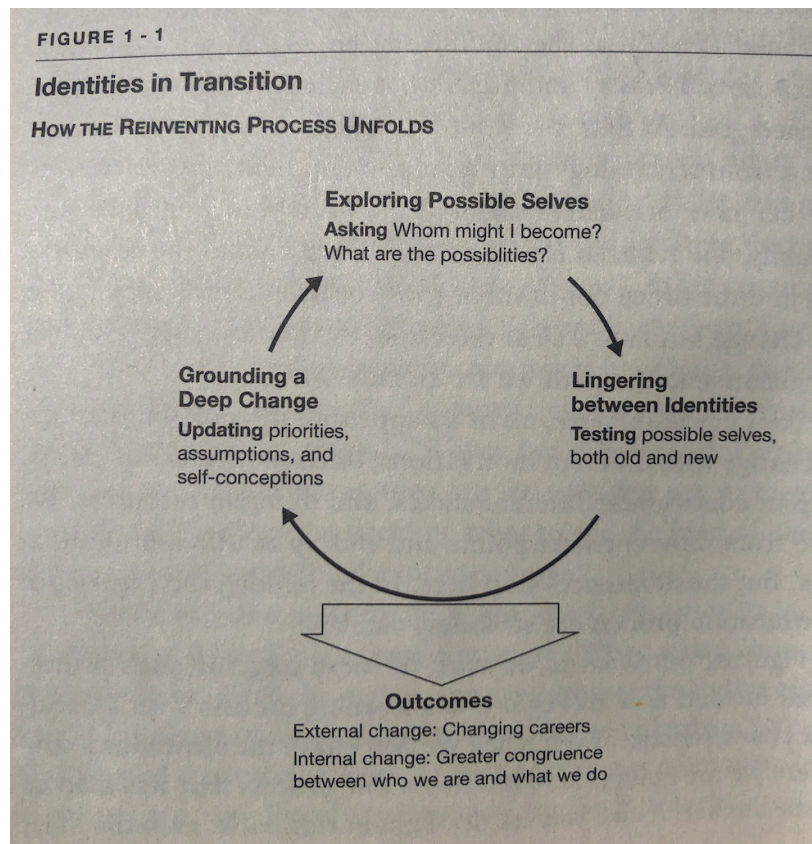
Pg 10 - "For self-renewing men and women, the development of their own potentialities and the process of self-discovery never end. It is a sad but unarguable fact that most people go through their lives only partially aware of the full range of their abilities."

Pg 98. "... Self-renewing people never feel that they have 'arrived.' They know that the really important tasks are never finished—interrupted, perhaps, but never finished – and tall the significant goals recede before one. " - continue... "Those who think that that they have "arrived" have simply lost sight of those goals (or perhaps never saw them in the first place).

In an individual life, meaning, purpose, and commitment are inseparable - what does this mean for our future selves who do not know yet?

Article - > [Aeon](#)

Which among my various possible selves should I start to explore and give life to now?
Prototyping your future selves with small experiments. Testing out your 'working identity',
shaping and reshaping the contours of your life, seeing transformation as a practice and
yourself as a work in progress.



Death of many possible selves

We change - our orientation - so X is no more about possibility

Can you flirt with your potential selves :) What might that look like?

Ask: "Among the many possible selves that I might become, which is most intriguing to me now? Which makes me come most alive? Which is easiest to test?" (from Working Identity)

Crafting strategy: learning about new possibilities through direct exposure and involvement.
The process is fluid where learning happens by direct application and whereby creative

strategies emerge. This test-and-learn model is in direct contrast to the plan-and-implement model ([Henry Mintzberg](#))

😊Inspo:

[Odyssey Planning](#) (DYL)

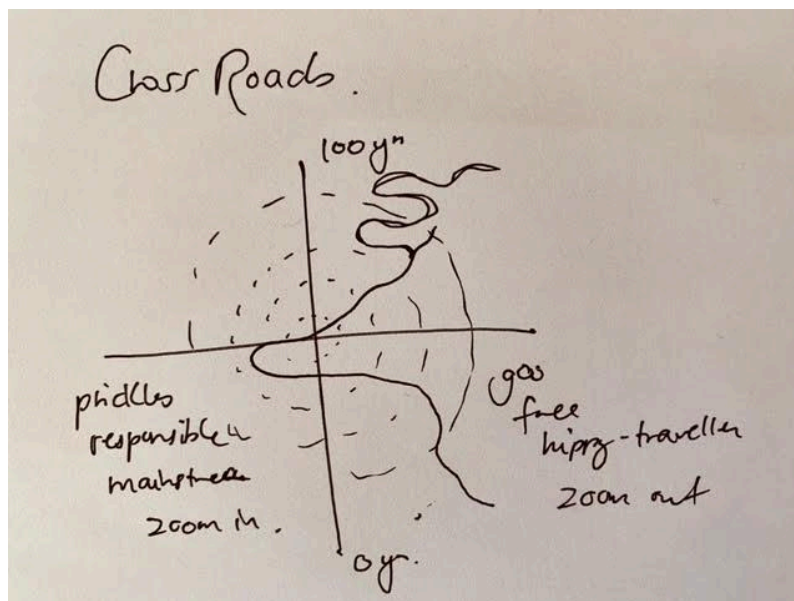
[Work View](#) + [Live View](#) (DYL)

[Multitude of Selves](#)

[Letter to FutureMe](#)

[Vision for the future](#) (Meditation)

Crossroads



The crossroads/ matrix with a horizontal axis as:

prickles > goo

responsibility > freedom

structure > creative flow

ego > soul

lazy > productive

truth > story

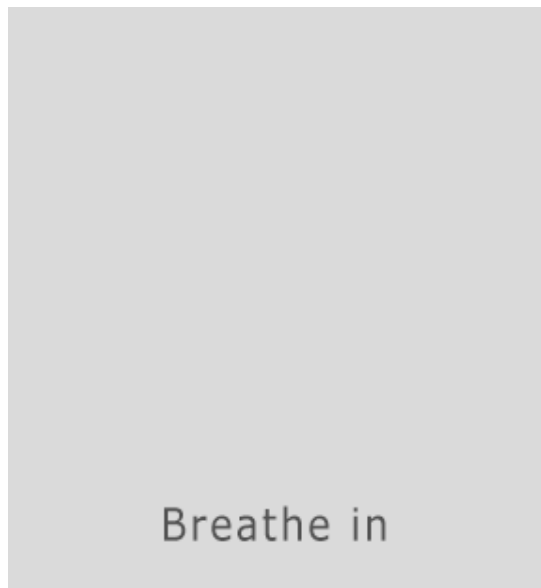
expression > bank balance

.... and a vertical axis as age.

Updating your story is by virtue of updating your personal OS. It's a (radical?/necessary?) form of self-renewal (John Gardner)

"Self-renewal requires some jumping and some settling back in. The kind of reinvention here is not a personality makeover; it's a process and practice that allows us to get back in touch with forgotten selves, to reorder priorities, and to explore long-standing or newfound interests. As in most voyages of discovery, the endpoints are never quite as we imagined them, and they are rarely the ones we originally charted...In between, we try on unfamiliar roles and experiment with trial identities, always updating our goals and methods, with each step coming closer and closer to becoming ourselves again." - **Working Identity**

Breathe in, Breathe out. Breath deep. Bring your mind back home to your body - come home to yourself.



Life as a transformational workshop is **happening for us** and **not to us!**
(from Therapy Land!)

Existential openings - what's serving you at the moment? The moment that makes you connect with what (actually) matters

Changes only happen with **context? In disequilibrium** - *something is begging to give, needs to be different, or to speed the pace up or slow it down - elicit a change in perspective.*

Receiving hints about our future selves from the trees 🌳

"Ideas (about your future) are intersections between ourselves and something else, whether that's a book, a conversation with a friend, or the subtle suggestion of a tree. Ideas can literally arise out of clouds (if we are looking at them). That is to say: ideas, like consciousness itself,

are emergent properties, and thinking might be more participation than it is production. If we can accept this view of the mind with humility and awe, we might be amazed at what will grow there.”

Life is constantly giving, sending us invitations to learn, change, grow – and step close to our edges

Surface self-love (purchase) vs four components of real self-care (boundary setting and more).
([Ezra Klein - Goopificationpodcast](#))

What If I don't know? Like seriously?

-[Fawning](#) in the face of power

-Doubling down on your values (not professing them, but practicing and living them, cementing them, using them as a guide/filter)

-Relationship to power, status, money, influence,

Power vs Control (Mo-Ling and quadrants) Relational vs hierarchical power

Edge moments.

Pebbles or boulders - (knocked off your horse or pebble in your shoe?)

The blessing called '[Getting Knocked off your horse](#)'

Dustin - in a shooting

Jonas - Brazil, saving a man's life

Sara - giving birth?

Touching your mortality

Field domain

SKILLS

FIND YOUR GIFTS - 7 colors / 5 sides Prism of skill PRISM SKILLS - what fields are bringing together?

Presencing*

Meditation

Coaching

Facilitation

MULTIPLICITY of interests - no boundaries.

FLEXIBLE SELVES -

PRISM - - -

1. Time perspective/perception

END DATE? Expiry date like milk? To the please -

Think time horizon -

2. Relationship capacity - who am I connected - how do I feel more relationally full - nourished

3. SELF-AWARENESS - shadow work - time and context (inner (family and DNA) and outer reference)

SCORECARD!!!

4. Ability to make change - resources (are you able - to shift? - to feel) (inner vs. outer score-card)

5. OPENNESS - awe, beauty, experiences to change

Shadow WORK - AWARENESS in a particular moment

Motivation ? Capacity to envision change

Views

Creativity by MC - superpower- the intersection of gifts - best of something(s) field of excellence, zone of genius, interesting prism - possible selves - kaleidoscope

Incompetence competence excellence genius

Rewarded

Expand horizons

Rigor is key

Find people that I perceive as quality enough

///

Conceptions of success

Field domain

Creativity by MC

Incompetence competence excellence genius

Rewarded

Expand horizons

Rigor is key

Find people that I perceive as quality enough

Focus a lot on execution quality

Growth edge is to think about what ideas I want to develop

Pedestal confidence or grounded confidence

Brain can be sharp

Inner experience of whether the rigor feels judgmental

Ability to discern who you want to work with

Shushmika President Ashoka

Learning is not restricted to dyl

Mental endurance time

State Changes

Adult Development Theory

Moments of Transformation

View

How would the lamp look at the situation

AN UNFRAMEWORK - a tool?

A delightful reminder of possibility

Possibility is arriving

- Capacity

Capital T = love, work, geography, finance

There is a shift occurring

MAJOR LIFE TRANSITIONS

WE ARE OUR MOMENTS

IN TRANSITION

POSSIBILITY IS THERE

Choice to change:

-

Capacity to relate, to know

-

Ability to confront shadow

- Are you doing it

- Significant changes

RENEWAL

-

Coaching

Meditation

Facilitation

Presencing / Embodiment

Nature

Focus a lot on execution quality

Growth edge is to think about what ideas I want to develop

Pedestal confidence or grounded confidence

Brain can be sharp

Inner experience of whether the rigor feels judgmental

Ability to discern who you want to work with

Shushmika President Ashoka

Learning is not restricted to dyl

Mental endurance time

Outro

Manifesto

Little shapes/icons to go with each crew member :)

May like: <https://variant.fund/team/>