

Exploring Your Personal Landscape

ACTIVITY

1. Define Your Starting Point

Think of one area of your life where you feel ready for something new.

What aspect of your life do you want to explore?

Write freely about the area you want to focus on.

2. Expand Your Vision

Imagine that there are no limits—only possibilities waiting to be seen.

What new directions could this part of your life take?

Write about potential paths, even if they seem unrealistic.

3. Write Without Filters

Now, list all possible alternatives—big, small, practical, or imaginative.

What are all the possible alternatives you can think of?

Write down every idea that comes to mind without judging.

4. Observe Without Deciding

Pause and look at what you wrote. Read your list without pressure to act.

Which ideas excite you or make you uncomfortable in a good way?

Write about the ideas that spark curiosity or challenge you.

5. Revisit Whenever You Want

This is a living space of possibilities. You can return to it anytime.

How does it feel to know you are the designer of your own path?

Reflect on your feelings about having multiple possibilities.

Final Reflection

What surprised you the most about this exercise?

Write your insights from this exploration.

Which alternative feels the most intriguing?

Write the idea that caught your attention the most.