

Journey into the Unknown

The objective

Many times in life we start a journey into the unknown, (new work, new relationship, new home, new situation) see what drives you and motivates you in such changes

Pause

Stop and take a deep breath. Think about an issue from your life where you are heading into the unknown, there are a few steps on this journey:

1. Facing the unknown: To look into the unknown and really face what is holding me back? What do I fear?

2. My strengths: Into each journey we can enter knowing what we can control and what are our strengths based on our knowledge and past experiences.

3. Vision: See what you can take with you into the unknown. You have everything you need to face it.

Expanding

Now we're ready. Let's go! Choose 5 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

Write down your main insights. Also write down three actions that will move you in your journey each for today, for next week and for the upcoming month.

[2] How do I feel in the unknown?

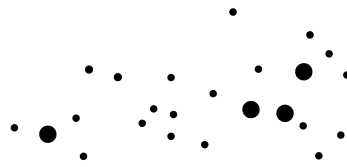
My card:

[1] What worries me in the unknown?

My card:

[3] What can I control?

My card:



[4] What gives me strength?

My card:

[5] What do I decide to take with me into the unknown?

My card:
