



## The Ideal And The Reality

### Objective

To reduce the gap between my ideal position and my position in reality.

### Pause

Choose a topic from your life for which you would like to conduct an examination process (problem, choice, stages of the process's development, relationships and more).

Clearly write down the topic you chose on

### Expend & Connect

Now we are ready. So let's go... Choose 3 cards, at random or openly, and set them out on the chart in order. How can the cards help us answer the following questions?

### Focus and action

Write down the main insights you have reached and your action plan: one for the next 24 hours, one for next week and one for the coming month.

### [ 2 ] What is the reality?

My card:

---

---

---

### [ 1 ] What is the ideal?

My card:

---

---

---

### [ 3 ] What's missing in order to bridge between the two?

My card:

---

---

---