

Demystifying Card

magic* goal

1. Define your magic* goal (even the WHY!)
2. Check your resources and frame conditions
3. Use your booklet and formulate your magic* activities by choosing at least one item from each dimension
4. Enjoy and monitor your journey
5. Make regular evaluation checks, no later than 3 months after the start - check your line of happiness/satisfaction and frequency of booklet entries and magic* activities
6. You feel different? Check your magic* goal and/or change any of the dimensions of your action and start again

Ask yourself questions to define your magic* goal...

- What makes it so important to you?
- Imagine, you have reached your magic* goal. What will be different? How does this feel? Who will see the difference?
- Why now? What is the current situation?
- What resources (time, knowledge, ...) do you need?
- What is your contribution to achieve your magic* goal?

...and to be aware of your resources

- What makes you confident to achieve your magic* goal?
- What are your known resources?
- Which other resources do you have that might be helpful?
- What are resources you may need, that are currently not available to you? - How can you get them?

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magic* activities

Select any items from all 4 dimensions to formulate your magic* activities:

1 Content	exercise	checklist	experiences	ideas/thoughts	reflexions
2 Social	alone	in dialogue	in a group	surrounded	imbedded
3 Space	anywhere	at home	in the public	in the nature	at work
4 Time	daily	weekly	morning	evening	anytime

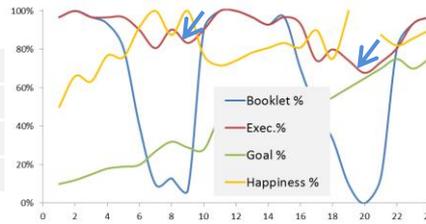
Do regular (e.g. monthly) monitoring of:

- Booklet entries
- Executions of magic* activities
- How close is the goal?
- How do I feel? = Happiness

yes / no

yes / no

1 - 10



here:
Restart
with new
selection!