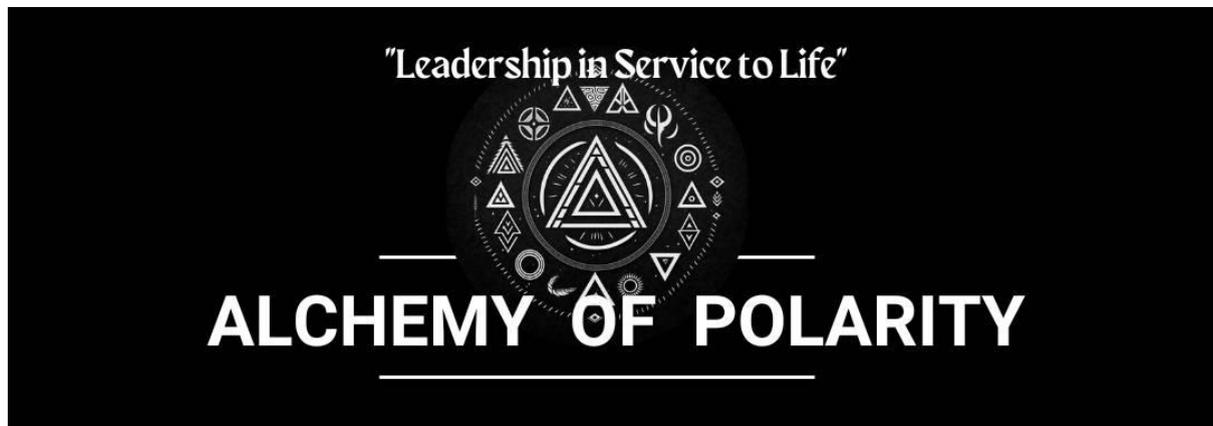


Alchemy of Polarity - (Re)Vision 2022/2023



Dear brothers,

this document is an invitation to consciously reflect your past year and create a powerful vision for the year to come. It is a great preparation for the upcoming online gathering on 11.01.2023 ([you can RSVP here for free](#)). Please also make sure to join our telegram group to share your insights and receive additional support:

→ [Join our Alchemy of Polarity - Telegram Group](#)

Revision 2022

The thread of our lives often only becomes visible and creates a coherent story, looking backwards. We gain clarity of who we are and who we are becoming by honestly and consciously looking at our path in the rearview mirror. From this place we can evaluate if our choices are in alignment with our values and vision and what we want to adjust for the creations and timelines ahead of us.

The following questions can be prompts for your journaling exploration:

1. *What was the best bit of your year?*¹
2. *What was the most challenging bit of your year?*
3. *What are you most grateful for?*
4. *What was an act of courage that comes to mind from your year?*
5. *What was a miracle you experienced this year?*
6. *What did you do this year, that brought you closer to the vision of the life you want to be living?*
7. *What held you back or distracted you this year from living the life you want to be living?*
8. *Looking back at this year, what's one idea or piece of advice that you need to hear most, right now?*
9. *What problem did you face this year that you actually always face? How is your thinking creating it?*

¹ A bunch of these are inspired by <https://richlitvin.com/>

Vision 2023

Having a clear vision allows us to set our direction and align our intention and actions to make this vision a reality. It can make the difference between living a life by default and a life by design. We often overestimate what we can achieve in one year and underestimate what we can achieve in 10 years. Therefore, it can be helpful to have both a micro and a macro perspective and see the steps in between that connect the two.

The following questions can be prompts for your journaling exploration:

1. What's your 25-year mission? And how will 2023 contribute to that vision?
2. If you were to look back 1 year from now, and say, this has been the best year of my life - what has to have happened, for you to feel thrilled with your progress?
3. What are 3 top experience or achievements that you want to have accomplished by the end of the year? What can you do now to make that happen?
4. What does your perfect average day look like in 2023?
5. What are your top 3-5 values that you want to embody in the coming year?
6. What's one thing you're procrastinating or that you want to do, but you're afraid to? How are you going to change that next year?
7. What one small habit - if you did it almost every day for the entire upcoming year - would have the biggest positive impact on your life?

Vision board 2023

Beyond the logical exploration and engaging the right side of our brain, tuning into the more left-sided capacities of our intuitive, felt sense of cognition can provide powerful manifestation results for the life we want to be creating.

A vision board can serve this purpose by adding a more emotional and sensory quality to the more rational goals and ideas of what we want to achieve. What is the mood, the color, texture and emotional state that you experience once you have achieved your goal? This is the place from which you create - not the other way around! A dream of a life by design is a place to come from, not a goal to get to in the future.

Instructions: You can fill in the following table and find representative stock images from e.g. [unsplash](#), [pixabay](#) or [other platforms](#). You can then use e.g. [canva](#) to create one or several vision boards. You can [share your creations here](#), so we can inspire each other.

The following areas of your life can be a starting point to inquire into your vision for 2023:

Area of your life	2-3 goals	How does this make you feel?	3-5 representative images & symbols
Work and Contribution	e.g. <ul style="list-style-type: none">• Thriving ChangeBeings Community with 2000 members• 3 booked out temple retreats• booked out yacht retreat	e.g. <ul style="list-style-type: none">• Radiant, excited, expansive• expansive, connected• alive, creative, inspired	e.g. <ul style="list-style-type: none">• Northern lights over the earth globe• cuddle puddle of naked people• Sunset on a yacht

Family and Partnership			
Sensuality and Sexuality			
Wellness, Balance & Wellbeing			
Body, Health & Nutrition			
Nature Connection			
Friendship and Tribe			
Peak experiences			
Spirituality & Practice			
Travel and Adventure			
Art, Beauty & Creativity			
Finances & Abundance			
...			