



BODYMIND THERAPY

EXERCISE

Shaping the self and the ideal world

This exercise is designed to help develop an ideal self and ideal world concept by identifying the underlying values.

Step 1: BRAINSTORMING

1. Take a sheet of paper and divide it into two columns. In the left column, write "Ideal self" and in the right column "Ideal world" or print our PDF.
2. In the "Ideal I" column, write 30 things about yourself in this ideal world, whether they make sense or not. Think about what you would like to be like, what qualities and skills you would like have, what goals you would achieve, and what your relationships would be like.
3. In the "Ideal World" column write 30 things about the world around you, what it would look like in an ideal situation. Think about social structures, the environment, technology, the economy, and anything else that seems important to you.
4. Take your time with this brainstorming process and try to really collect 30 points in each column.

Step 2: SELECTING AND IDENTIFYING VALUES

1. Review your two lists and select 10 points that seem most important to you - 10 for you and 10 for the ideal world.
2. Write the selected points on a new sheet of paper or in the table.
3. Now you will use the "Bodymind Guide" to identify the values behind these selected points.
4. Write the values next to the corresponding points and reflect on what they say about you and your ideal self and worldview.

Step 1: Brainstorming

IDEAL I		IDEAL WORLD
1.		
2.		
3.		
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30.		

Step 2: Selecting and identifying values

IDEAL I		VALUES
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

IDEAL WORLD		VALUES
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		