

# INNER TOPIA

EXPLORE THE LANDSCAPE OF YOUR POWERFUL SELF

VOL. 2

DECISION MAKING JOURNEY  
HOW WILL YOU CHOOSE?

## 4 JOURNEYS TO BECOME YOURSELF

Explore pristine landscapes  
of your personality

## SPONTANEOUS ESCAPES

Top excursions if you are  
short in time

## COMING HOME

Surprising tips on how to  
feel at home in your inner  
and outer world

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# INNERTOPIA

EXPLORE THE LANDSCAPE OF YOUR POWERFUL SELF

V O L . 2

## DECISION MAKING JOURNEY

HOW WILL YOU CHOOSE?

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# DECISION MAKING JOURNEY

HOW WILL YOU CHOOSE?



# YOUR BENEFITS

Are you struggling with a big or complicated decision? This journey will guide you step-by-step to support you in making your decision. The decisions we make shape our lives. Our decisions are one of the few things we actually have control over and express our values. Making the best possible choices for you can literally be a life-saving skill!

*Continue*

# TRAVEL GUIDE



# TRAVEL INSTRUCTIONS

*Follow your curiosity.*

This is your trip and you are the one to decide which activities and suggestions you want to follow, when, how deep and how long you want to explore the different sights. Care for yourself and your needs.

*Travel at your own pace.*

Don't rush. It's about travelling and experiencing, not about getting somewhere quickly.

*You are a unique traveller.*

Don't compare yourself with others. Be patient with yourself and don't let yourself or others pressure you. It is your unique inner landscape and no one but you can know where your steep cliffs or narrow paths are.

*Celebrate!*

Don't forget to celebrate the beauty of your inner landscape, to enjoy, to take time to savour a breathtaking view from a mountain peak or linger by a babbling brook.

*Continue*

*Video does not play?*

*Click here*

# TRAVEL ROUTE





# STAGES OF YOUR JOURNEY

1. **Clear Island:** Understanding the Problem
2. **Meadow of Possibilities:** Gathering Possible Responses
3. **Canyon Narrows:** Winnowing the Options
4. **Village of Friendliness:** Nourishing relationships of trust
5. **Somatic Dunes:** Ask the Body
6. **Lake Placid:** Take a Time Out
7. **Mountaintop:** The Decision
8. **Post-Decision Reflection Pool:** Implement, Assess, & Modify

*Video does not play?  
Click here*

*Table of Contents*

*Continue*

# DECISION MAKING JOURNEY

HOW WILL YOU CHOOSE?



*Do you want to start  
the journey of decisions?*

*Yes*

Yes, let's get started.

*No*

No, it's not for me right now,  
please take me back to the travel agency.

GREAT!

WELCOME  
TO THIS  
ADVENTURE.

THIS WILL BE  
AN EXCITING  
JOURNEY,  
LET'S GET  
READY FOR IT!

*Continue*

# PREPARING YOUR TRIP

*Choose where you want  
to start your preparations*



*Intention Setting*

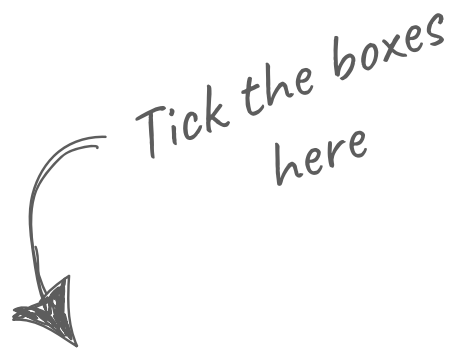
*Packlist*

*Plan your trip*

*I am prepared and ready to hit the road*

# YOUR PACKLIST

PLEASE TAKE WITH YOU:



- Curiosity to explore your inner landscape
- Awareness to listen to your needs and follow them
- Patience with yourself if an exercise challenges you
- Patience with us if there are bugs or exercises that don't totally cater to your needs or preferences



## PLEASE LEAVE AT HOME:

- Pressure to conquer the stages of the journey in a certain amount of time.
- Comparing yourself with others.
  
- I have packed all I need  
and left behind all I don't need.*

*Continue*

# PLANNING YOUR TRIP

🕒 3-10 min.



You can decide if you want to do this journey fast or slow, as an intensive adventure or at a leisurely pace. You'll get the most out of it if you decide in advance and match it to your constitution, your commitments and your eagerness to explore, so:

How much time do you want to spend on this journey per week?

Which days and what time of day is good for you to set aside for your journey? Set a reminder in your calendar and reward yourself for your intrepid and persistent wandering through the lands of your powerful self.



# YOUR PERSONAL TRIP PLANNER

**The time I plan to spend on this journey per week:**

*Minimum:*

*Ideal:*

**I will travel on the following weekdays:**

**This is my preferred travel time:**

*Mon Tue Wed Thu Fri Sat Sun*

## **Rewards**

After \_\_\_\_\_ days of travelling in a row I will reward myself with

After finishing the full journey of trust, I will reward myself with

*I have set time aside for this trip in my calendar and planned my rewards.*

*Continue*



# SETTING AN INTENTION

Before going on any adventure, we recommend setting an intention. It will give you focus on your way.. Clarify your intention so it reflects what **YOU** want to get out of this journey.

## HOW DO YOU WANT TO CONTINUE?

*Fast*

I know my intention and can state it right away.

*Explorative*

Please guide me through a process that helps me find my intention.

*Informative*

Please explain to me what an intention is.

*I am done with intention setting*



浦川天輝が  
東京外国語大学  
明治大学(国際文化学部)  
立教大学(経済学部)  
学習院大学(経済学部)に合格しますように  
令和2年9月27日



合格祈願  
氏名 藤田 伸吾  
御礼  
国家試験  
合格  
令和二年  
九月二十七日

敬止  
藤田伸吾  
令和二年九月二十七日

合格祈願  
第一志望の大学に合格しますように!

合格祈願  
第一志望の大学に合格します。  
2020年9月27日 倉田風子



合格祈願  
群馬大学 富田短期大学 群馬経済大学  
医学部 医学科に合格しますように。  
令和2年9月27日 澤村詩



合格祈願  
第一志望の大学に合格しますように。  
令和2年9月27日 山田 風菜

合格祈願  
私立横浜国立大学 経済学部 経済学系  
無事合格しますように  
面接までがんばります。応援  
ありがとうございます。  
令和2年9月27日



月日	希望校・試験名	氏名	住所
九月十六日	附属中学校	川口市立 高野 学桜	川口市戸塚南
九月二十七日		麻見 佳那	

合格祈願  
第一志望の高校に合格しますように  
2020.9.27 根本真帆



月日	希望校・試験名	氏名	住所
九月十四日		藤原 真由	
九月二十七日		藤原 真由	

月日	希望校・試験名	氏名	住所
九月十四日		早稲田大学	
九月二十七日		早稲田大学	

# SET YOUR INTENTION

*My intention for this journey is...*



*Confirm this intention with a big contented smile and a deep sigh!*

**You can give it some extra power by...**

...saying it aloud a few times

...writing it nicely in your journal or on a piece of paper and decorating it with pictures, drawings, patterns.

...stating what you are willing to do (or stop doing) during this journey in order to nourish your intention.

*Continue*

the rocks I sit on, make me merrissim  
ousy and <sup>relaxed</sup> I saw my dreams today...  
ling hills, covered with small yellow  
lowers, cut off abruptly, as cliffs in  
e sea. I am in awe. Looking off  
to the distance... snow capped mo  
to the sky, beautifully ~~rolling~~ <sup>rolling</sup> smoothly  
somed clouds. Vaguely appearing like  
ondora in ~~the distance~~ flight. The sun  
still out, and is beginning to set. The  
now on the Oromo Volcano turns orange, and  
see the sky on the opposite horizon. As  
walk back through the Plaza, I see that  
his must be the hang-out area for the  
young people at night. At the same time it



# EXPLORE YOUR INTENTION

## STEP 1 – FREEWRITING



5-10 min.




Write for 5 to 10 minutes about what a journey of trust could bring for you. You can do it either on a piece of paper or type it on the next pages. Freewriting means you write down everything that crosses your mind around that focus. Send your inner censor on break for the next few minutes. Don't judge what you are writing, it doesn't matter if it makes no sense, if it is grammatically incorrect or if you jump to another thought in mid sentence... No-one but you will read it, so you can be totally honest and free to also include any bullshit that might come up.

Just blab whatever comes to your mind, often our spontaneous mind holds true fragments which we are not aware of consciously. Later you will have time to go through this material and make sense of it.



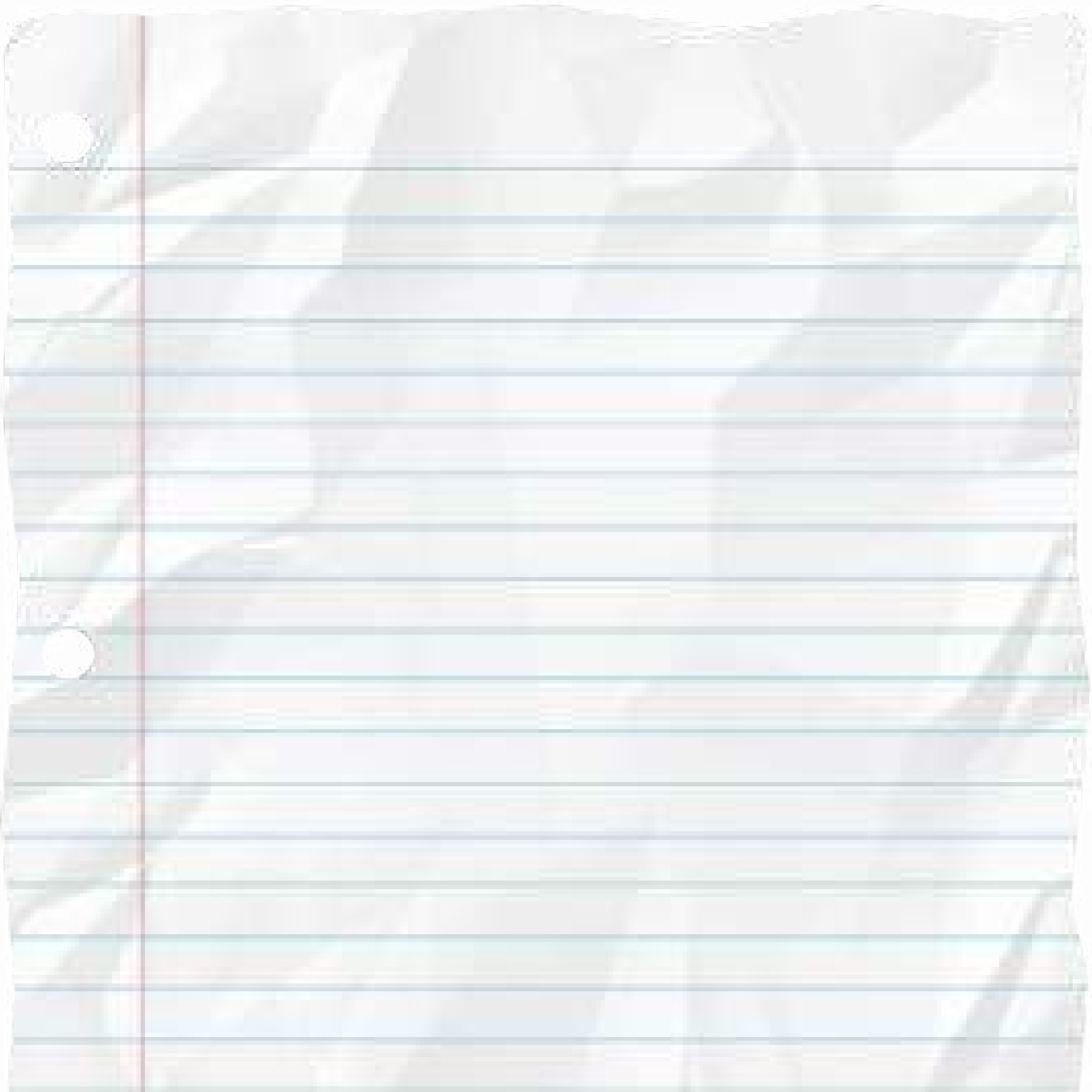
# FREEWWRITING

Write here whatever  
comes to your mind

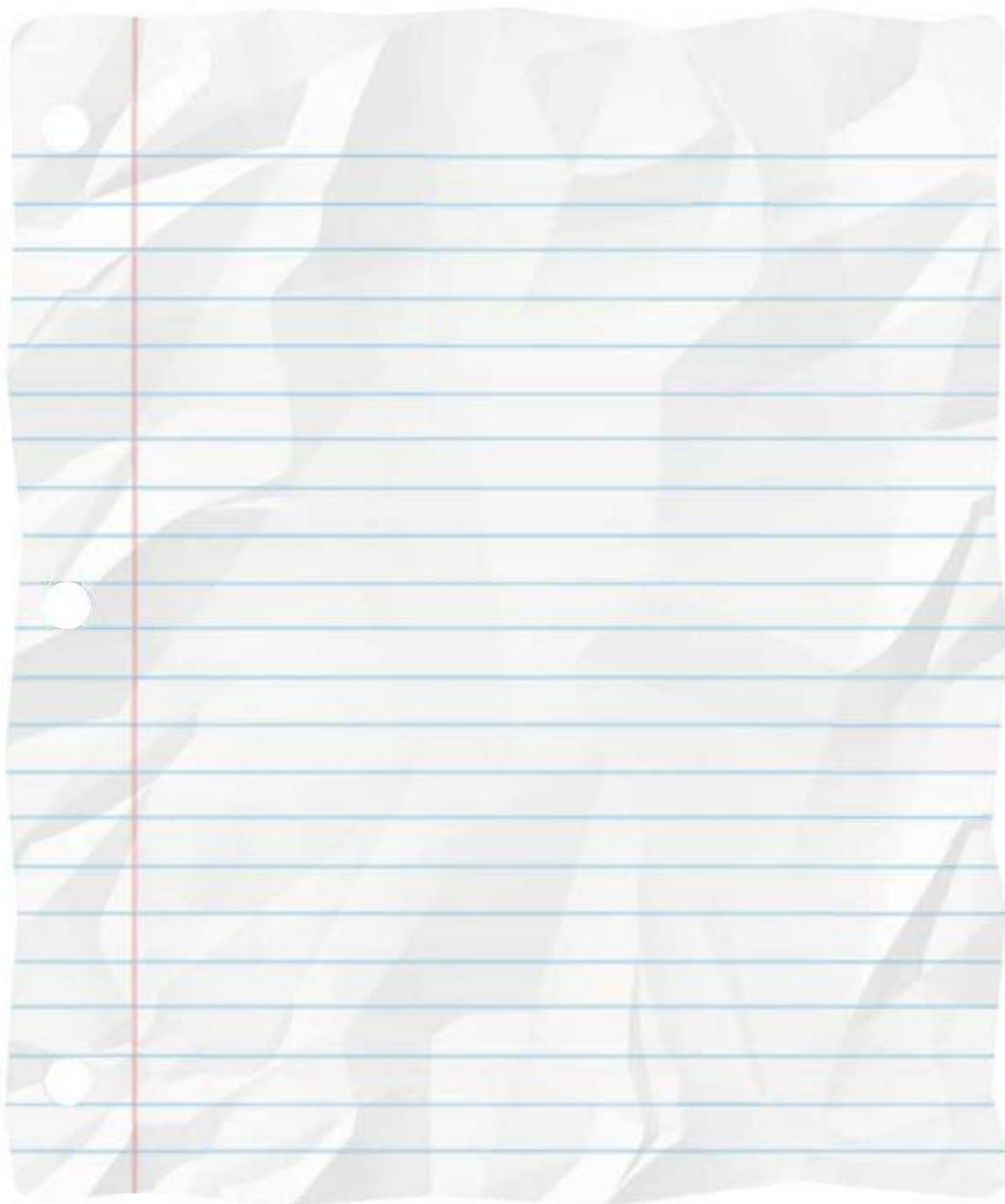


*This journey will ....*





*Continue*



## STEP 2 – STATE YOUR INTENTION

🕒 5-10 min.



Read through everything you wrote and highlight what seems important. Crystallize this into one sentence starting with My intention for this journey is...



*Confirm this intention  
with a big contented smile and a deep sigh!*

**You can give it some extra power by...**

...saying it aloud a few times

...writing it nicely in your journal or on a piece of paper and decorating it with pictures, drawings, patterns.

...stating what you are willing to do (or stop doing) during this journey in order to nourish your intention.

*Continue*



# WHAT IS AN INTENTION?



1-2 min.



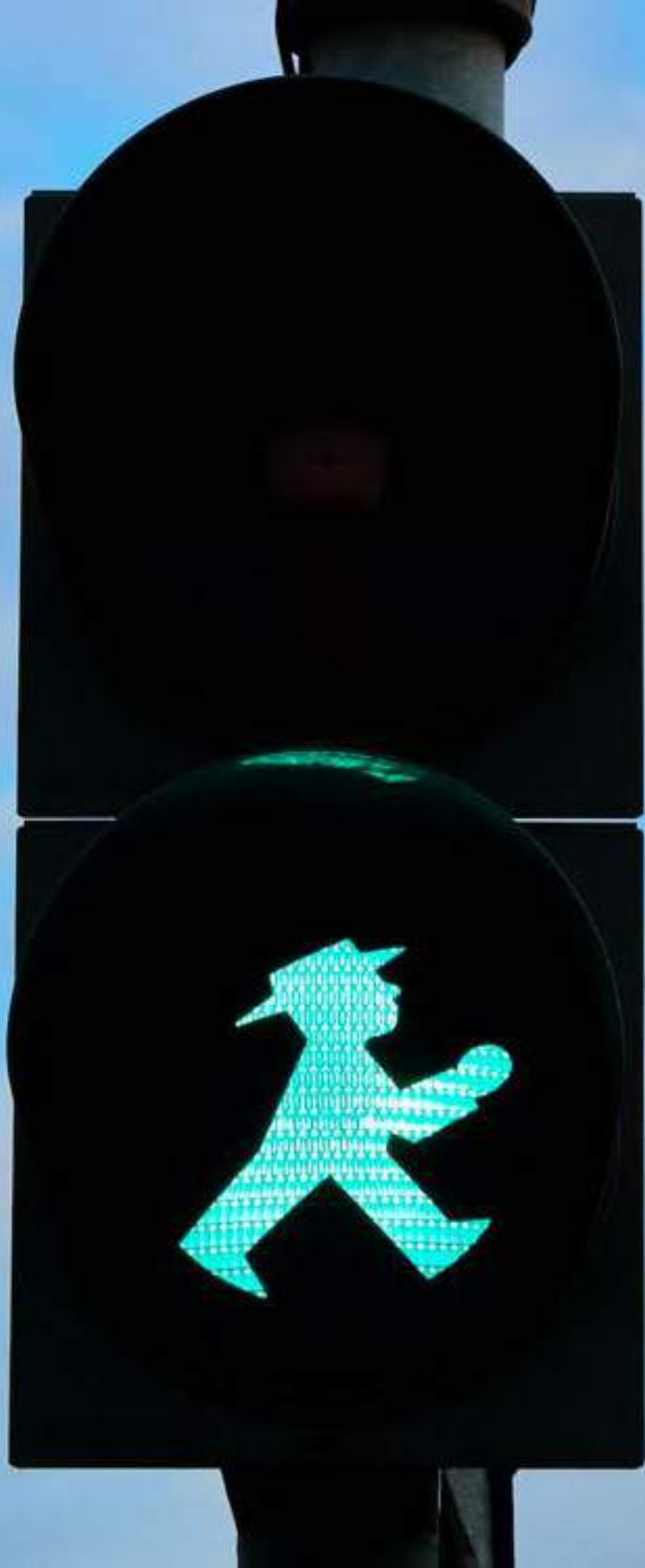
**An intention is one clear sentence that focuses your actions.**

It is helpful to set an intention before you start your work, because it will direct your attention and serve as a reminder to yourself for what you set out to accomplish. You can turn back to it and read it every time before you start engaging with Innertopia.

An intention is different from a goal, as an intention only describes the direction where you are headed, but does not provide you with a tickbox for “failed” or “succeeded”. Remember, as Norman Vincent Peale said:

*“Shoot for the Moon. Even if you miss, you’ll land among the stars!”*

*Continue*





# READY?!?

LET'S START THE  
DECISION-MAKING  
JOURNEY.

*Remember it is not only about gaining beautiful (in)sights,  
it's also very much about enjoying the ride.*

## HAVE A GOOD TRIP!

*Continue*



STAGE 1

# CLEAR ISLAND

*Understanding the Problem*

*Continue*

*Video does not play?  
Click here*



# 1. CLEAR ISLAND

*Understanding the Problem*

*Inspiration*

**Patience, Grasshopper**



2-5 min.



*Meditation*

**Calling in Guidance**



10-15 min.



*Reflection*

**Defining the Problem**



5-10 min.



*Reflection*

**Clarify Your Inner Landscape**



5-10 min.



*Communication*

**Get an Outside Opinion**



10-20 min.



*Next stage*

I have explored enough at this stage and want to travel on

Click the buttons to get to the corresponding activity



# PATIENCE, GRASSHOPPER



2-5 min.

Rushing a decision is one of the most common mistakes we make.

To be truly effective and make excellent choices, we need to be clear on what we're solving and why. Let's avoid regret by being patient and taking the time to do this well.

Putting off a decision is a decision in and of itself.

Intentionally slowing down to get clear on the situation will save time later from having to revisit the decision. (Ever been caught in a decision that had to be made and re-made, again and again?) The right result for you is out there — and you hold in your hand the tools to find it.


*Continue*





# CALLING IN GUIDANCE

*Connect with stability and ground yourself*

 10-15 Min



Here is a 12-minute guided meditation for opening yourself to all sorts of wisdom that your every-day conscious mind may not be open to.

Find a comfortable position and let's drop in.



*Audio does not play?*

*Click here*

*Continue*



# DEFINING THE PROBLEM

 5-10 minutes 

Get this out of your head and onto paper.

Write it all down either in the text fields as they appear here or on a fresh sheet in your physical journal, whichever you prefer.

Answer each of the following 6 questions and include anything else that arises for you as you're writing.



# DEFINING THE PROBLEM

- 1. What is the goal of this decision?  
What are you trying to achieve here?*



# DEFINING THE PROBLEM

*2. What, exactly, are we dealing with?*



# DEFINING THE PROBLEM

3. *What is pertinent?*



# DEFINING THE PROBLEM

*4. What is key to the situation?*

A sheet of white lined paper with a red margin line on the left side and a hole punch at the bottom left. The paper is slightly crumpled and has a faint, abstract geometric pattern in the background.

# DEFINING THE PROBLEM

*5. How long have you experienced this as a problem?*

A sheet of white lined paper with a red margin line on the left side and a hole punch on the left side. The paper is slightly wrinkled and has a subtle geometric pattern in the background.



# DEFINING THE PROBLEM

6. *What solution or solutions  
have you already been thinking about?*



*Great! You've defined the problem.*

Let's see what's next in our Decision Making Journey!



*Continue*



# CLARIFY YOUR INNER LANDSCAPE

 5-10 minutes 

*What are your values?*

*What are your priorities?*

*Where is your energy?*

(What aspects of the situation make your energy go up?)

*What are your boundaries?*

(What do you imagine must NOT happen?)

In text boxes provided (or in your physical journal), answer the following questions one at a time to clarify your values and priorities.




# CLARIFY YOUR INNER LANDSCAPE

1. *Remember a moment you were activated negatively in the last week. What was so upsetting to you about the incident?*



# CLARIFY YOUR INNER LANDSCAPE

*2. Remember a moment you were activated negatively in the last two years. What was so upsetting to you about the incident?*



# CLARIFY YOUR INNER LANDSCAPE

*3. Remember a moment you were activated negatively in your childhood. What was so upsetting to you about the incident?*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side, intended for writing a response.

# CLARIFY YOUR INNER LANDSCAPE

4. *Look back over your answers to the last three questions. Can you find a common thread among them? Sometimes our deepest values are most visible when they are transgressed. What patterns do you see?*



# CLARIFY YOUR INNER LANDSCAPE

*5. List 10-20 values, as revealed by this journaling activity or simply by brainstorming. (Examples of values include: freedom, honesty, joy, peace, community, etc.)*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side, intended for writing the list of values.



# CLARIFY YOUR INNER LANDSCAPE

*6. Now whittle that list down to 6-8 values.*

A sheet of white lined paper with light blue horizontal lines and a vertical red margin line on the left side. There is a white circular hole punch on the left edge. The paper is set against a background of a grey, low-poly landscape.

# CLARIFY YOUR INNER LANDSCAPE

*7. Now re-type (or re-write) the list and number the remaining 6-8 values where 1 is your most important value.*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side. The paper is white with light blue horizontal lines and a vertical red margin line on the left. A white circular hole punch is located near the bottom left corner. The paper is set against a background of a grey and white geometric pattern.

# CLARIFY YOUR INNER LANDSCAPE

*8. Looking at your list of prioritised values, how are these honoured or dishonoured by different possible choices you could make in your situation?*





# CLARIFY YOUR INNER LANDSCAPE

*Great! You've clarified your inner landscape.*


Let's see what's next in our Decision Making Journey!



*Continue*



# GET AN OUTSIDE OPINION

 10-25 min.



Who can you talk with about this situation?

Someone you trust, someone you can be honest with, someone who will listen.

Can you send them a message right now to see if they can talk?

Or set up a time to talk?

*Continue*





# CONGRATULATIONS!

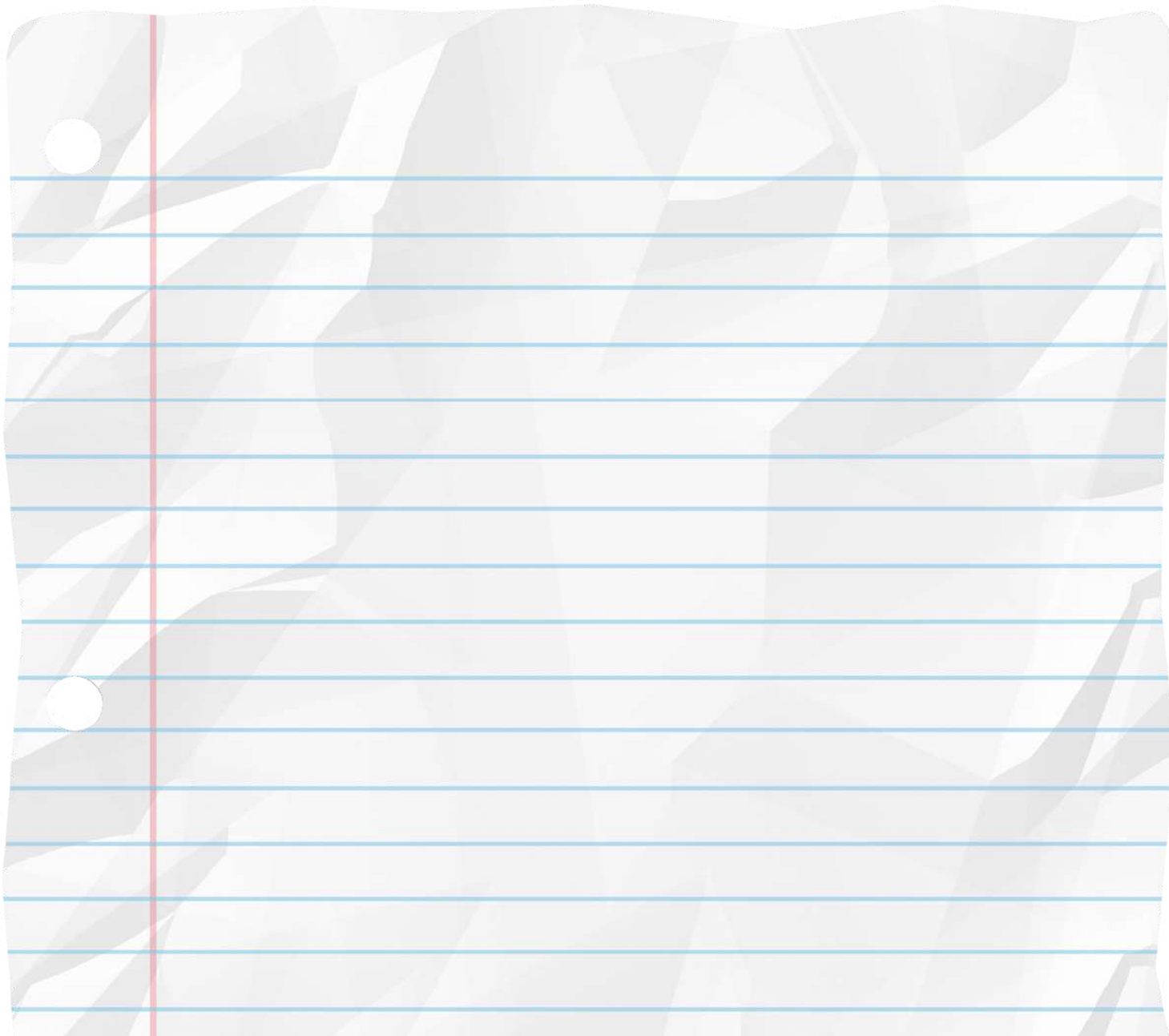
YOU HAVE BEEN THOROUGHLY EXPLORING  
THE CLEAR ISLAND  
YOU HAVE FINISHED PHASE 1  
OF THE DIFFICULT DECISION MAKING JOURNEY!

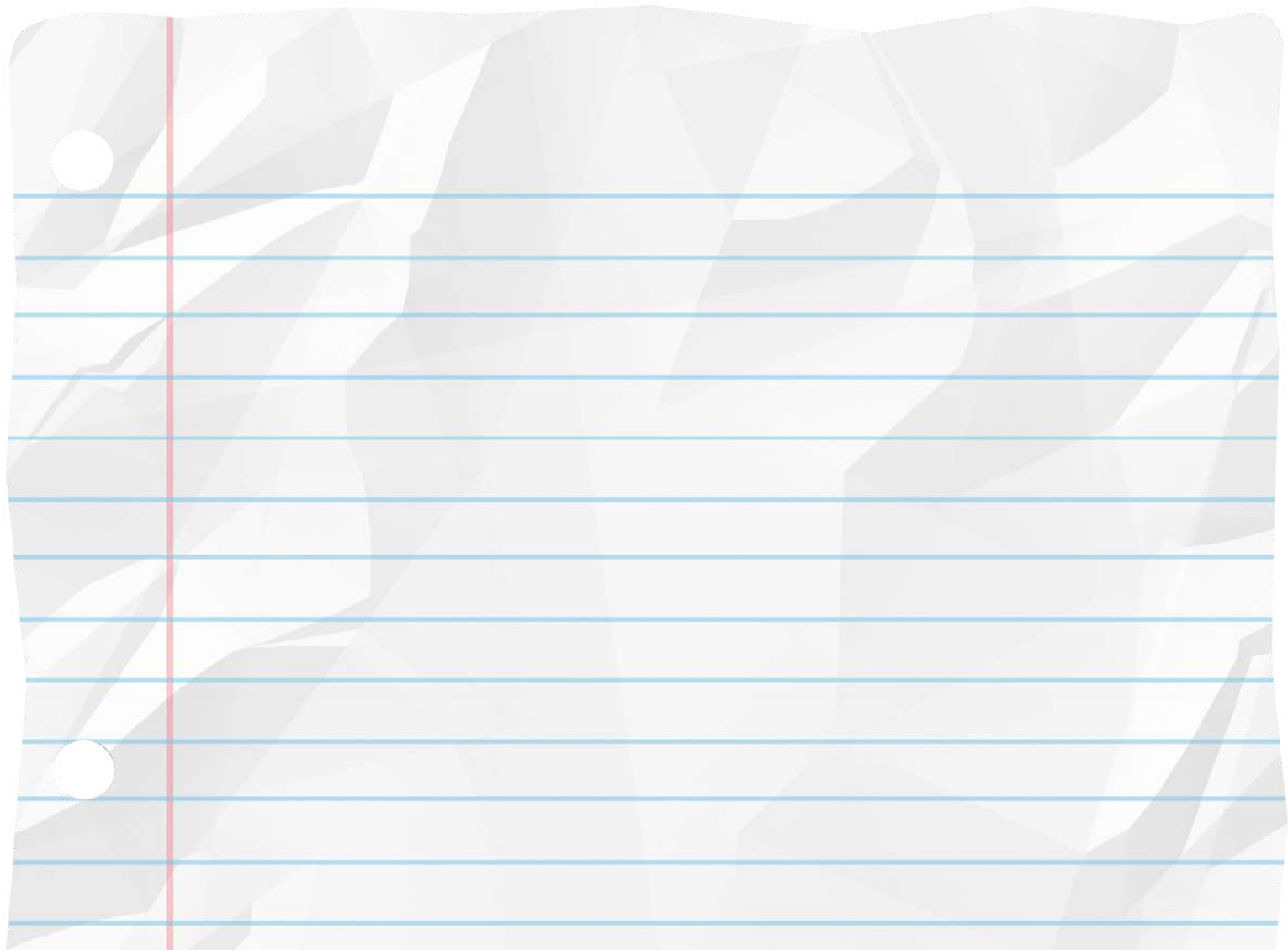
YOU MIGHT TAKE A BREAK NOW  
OR CONTINUE ONTO STAGE 2.  
LOOK BACK AND  
CELEBRATE  
WHAT YOU HAVE EXPERIENCED  
AND DONE SO FAR.  
RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 1*





WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
NEXT STAGE OF THE DECISION MAKING JOURNEY:  
THE MEADOW OF POSSIBILITIES.

*Continue*



STAGE 2

# MEADOW OF POSSIBILITIES

*Gathering possible responses*

*Continue*

*Video does not play?  
Click here*



# 2. MEADOW OF POSSIBILITIES

*Gathering Possible Options*

*Inspiration*

**Multiplicity wins!**



2-5 min.



*Meditation*

**Visualizing Abundance**



10-15 min.



*Action*

**More Options: Brainstorm**



5-15 min.



*Reflection*

**More Options: The One, the Other, Both, Neither, Everything**



8-15 min.



*Action*

**Research the Options**



5-20 min.



*Next stage*

I have explored enough at this stage and want to travel on




*Click the buttons to get to the corresponding activity*





# MULTIPLICITY WINS!

 2-5 min.



Harvard Business School advises: never make an either/or decision. Whether it's how the bed should be made, which diet to follow, or how to divide up your retirement account, there's always more than one way to get to "yes."

Especially if it really seems like you must decide between this or that, make up some additional options — even if they seem ridiculous. Sometimes indulging in some ridiculousness is just what the brain needs to pop up some new ideas.


For example, don't let the decision be: should I stay in this job or not? Introducing a third option could be: speaking to my manager about how to make significant changes in my experience of this job.

*Continue*



# VISUALISING ABUNDANCE

*Swimming in the ocean of abundance*

 10-15 Min



Here is a 10-minute guided meditation for opening yourself to abundance.

Find a comfortable position and let's drop in.




*Audio does not play?*

*Click here*

*Continue*



# MORE OPTIONS 1: BRAINSTORM

 5-15 min.



In your journal (or on the next screen) write down at least 5 different options for ways forward through your situation.

Even if some of them are obviously not the best choice, getting them all down can help to free up your thinking.





# MORE OPTIONS BRAINSTORM

*Those are the options I can think of:*



*Continue*





# MORE OPTIONS 2: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING



8-15 minutes



If you're stuck in an either/or mindset, we have ways of thinking that could support you to come up with additional ideas: one, the other, both, neither, and everything. Let's take it one at a time, beginning with "the One".

For each of the following prompts, type in the space provided or, if you prefer, write in your own journal. Let's get started!



# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*The One - This is the first option or solution that comes to mind. Write that below (or in your journal.)*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side. The paper is white with light blue horizontal lines and a vertical red margin line on the left. A white circular hole punch is located on the left edge, near the bottom. The paper has a slightly crumpled or folded appearance.

# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*“The Other” This is the opposite of “The One” you just wrote in the previous step. Likely it’s the other option in your either/or scenario.*

A blank sheet of lined paper with a red margin line on the left and a hole punch on the left side. The paper is white with light blue horizontal lines and a red vertical margin line on the left side. There is a white circular hole punch on the left side, near the bottom. The paper is slightly crumpled and has a soft shadow.

# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*“Both” How can you combine the previous two solutions into a single solution where both outcomes happen? For example, if your either/or is “should I stay in my job or quit?” Then BOTH could be “quit my current position and find a new position in the same company” or “take a sabbatical”. Get creative!*



# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*“Neither” What is another solution that involves none of the first three options? Even if it’s outlandish, write it down. An example could be “pitch my boss on creating a new position at this company” “pitch my boss on hiring an assistant for me.”*



# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*“Everything” What is yet another solution where you incorporate everything you mentioned in the previous 4? For example, “pitch a new company on creating a new position for me there” or “start my own business”.*



# MORE OPTIONS: THE ONE, THE OTHER, BOTH, NEITHER, EVERYTHING

*Anything else? Even better if you come up with 5 more variations on the solutions you've listed. See if anything else pops up as a possible path forward as you write.*

A sheet of white lined paper with a red margin line on the left side and a hole punch at the bottom left. The paper is slightly crumpled and has a faint, abstract geometric pattern in the background.

Continue

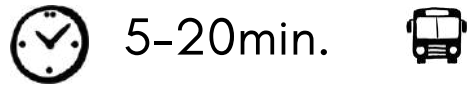
WONDERFUL  
VIEW

FOLLOW  
THE BOOKS  
STEPS  
CLIMB





# RESEARCH THE OPTIONS



Read over your brainstorm list. Are there any options here that would benefit from more research? A quick google search to check prices of things, a text to someone to ask their availability or opinion, etc.?

Let's take a moment to consider: what background info do you still need in order to make a good decision?

Don't let this turn into an all-day research session. Set a timer for 10 or 20 minutes and see if you can gather some data about options that would provide additional clarity around feasibility.

*Continue*



# CONGRATULATIONS!

YOU HAVE WANDERED THROUGH  
THE MEADOW OF POSSIBILITIES  
YOU HAVE FINISHED PHASE 2,  
OF THE DIFFICULT DECISION MAKING JOURNEY!

## LOOK BACK AND CELEBRATE

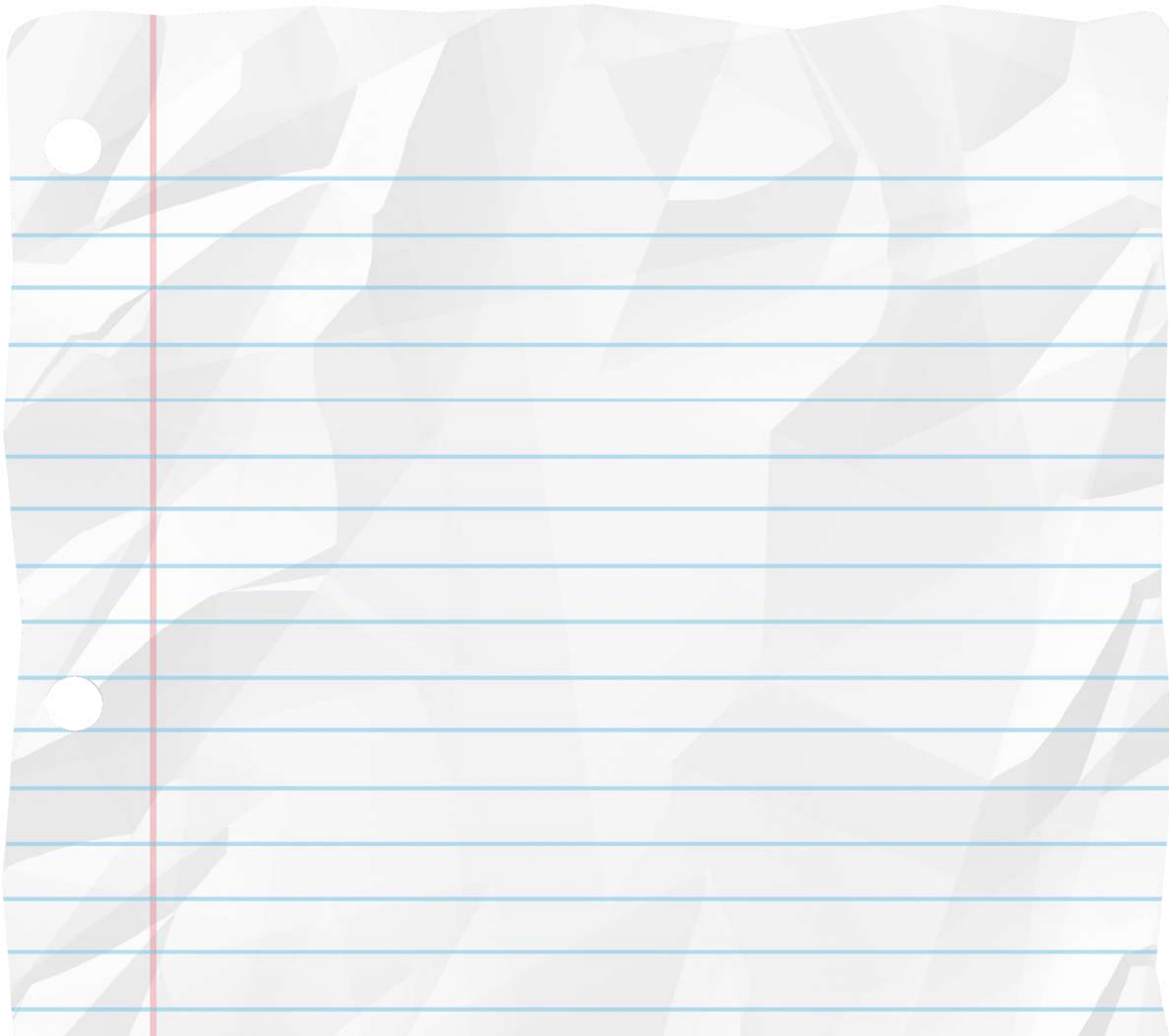
WHAT YOU HAVE EXPERIENCED  
AND DONE SO FAR.  
RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

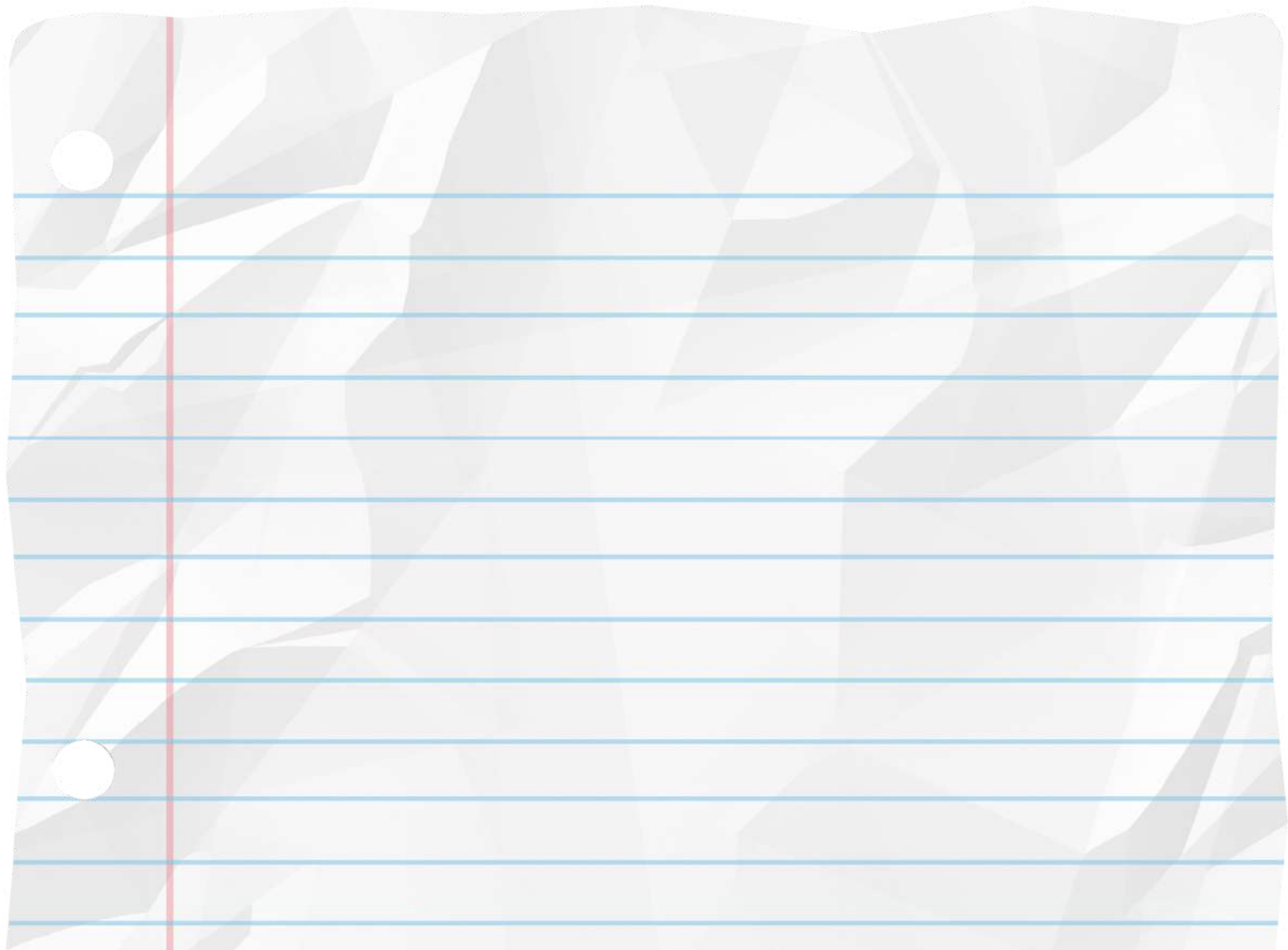
YOU MIGHT TAKE A BREAK NOW,  
OR CONTINUE ONTO STAGE 3,

*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 2*





WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
NEXT STAGE OF THE DECISION MAKING JOURNEY:  
THE NARROWING CANYON.

*Continue*



STAGE 3

# NARROWING CANYON

*Winnowing the options*

*Continue*

*Video does not play?  
Click here*





# 3. NARROWING CANYON

*Winnowing the Options*

*Reflection*

**Pros & Cons**

🕒 5-15 min.



*Action*

**Testing**

🕒 8-15 min.



*Click the buttons  
to get to the  
corresponding activity*

*Next stage*

I have explored  
enough at this  
stage and want  
to travel on



# PROS & CONS



5-15 minutes



Which of the options on your list are obviously untenable?  
Which ones are you most drawn to? The following two activities might help you to narrow it down.

A tried & true method for clarifying the situation! For each option that you think stands a glimmer of a chance, use the columns provided in the next step (or make a page in your journal): a list of the benefits and a list of the drawbacks.

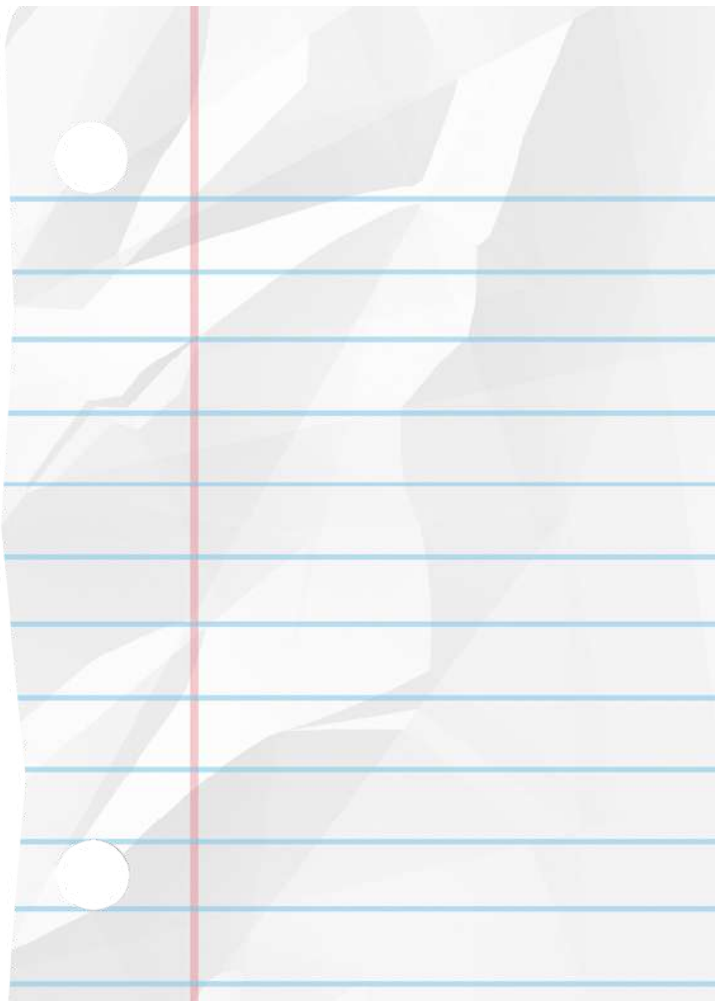




# PROS & CONS

*PROS*


*CONS*

A sheet of white lined paper with a red margin line on the left side and two circular punch holes. The paper is intended for writing the pros of a topic.A sheet of white lined paper with horizontal blue lines, intended for writing the cons of a topic.

*Continue*



# TESTING

 8-15 min.



Of the options that are most interesting to you, is there some small step you could take to dip your toes in the waters of a potential way forward?

If possible, do it right away!

If it's not possible to do right away, then arrange an appointment with yourself to do it.

*Continue*





# CONGRATULATIONS!

YOU HAVE SQUEEZED THROUGH  
THE NARROWING CANYON!

YOU HAVE FINISHED PHASE 3  
OF THE DIFFICULT DECISION MAKING JOURNEY!

LOOK BACK AND  
CELEBRATE

WHAT YOU HAVE EXPERIENCED  
AND DONE SO FAR.

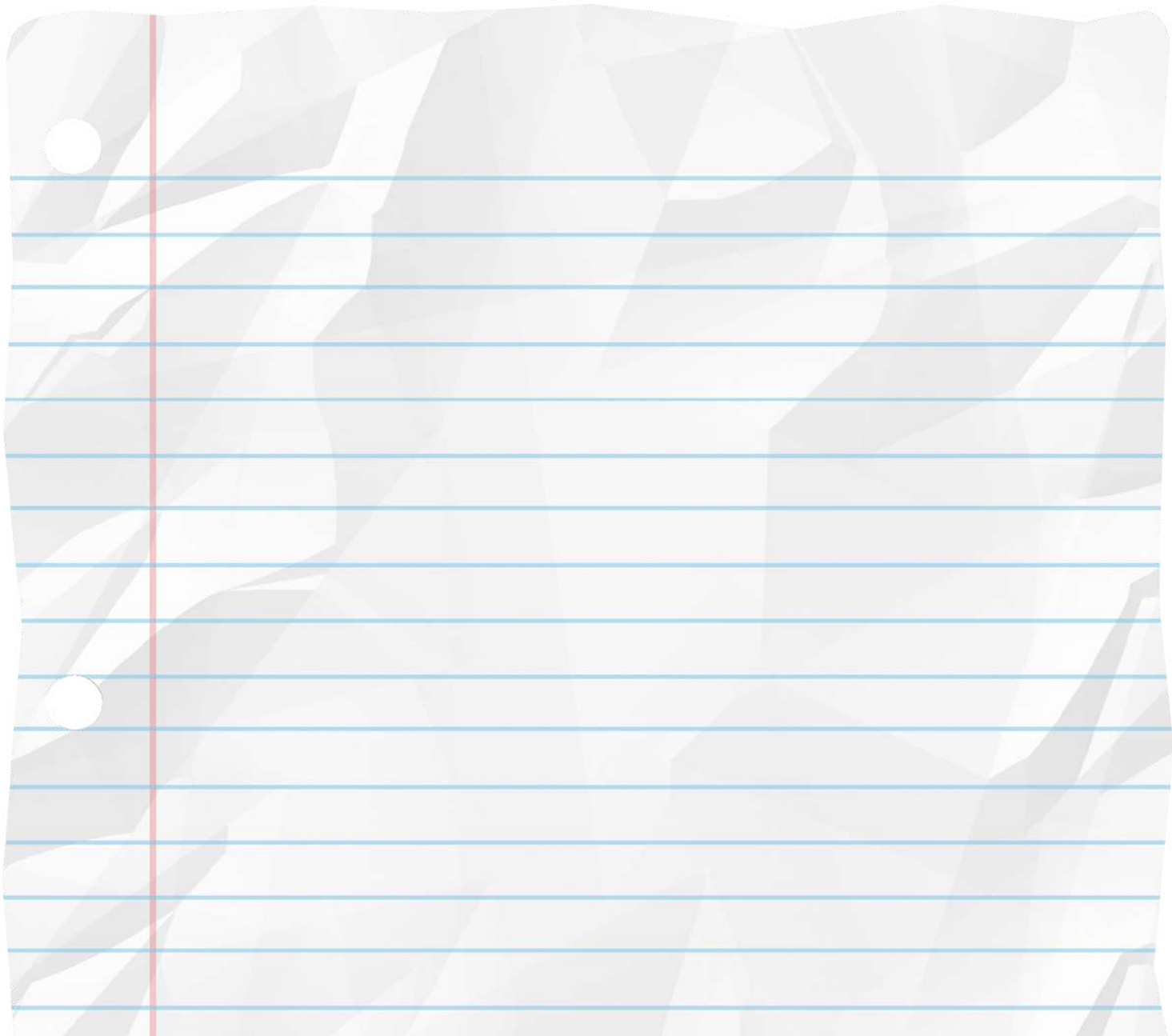
RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

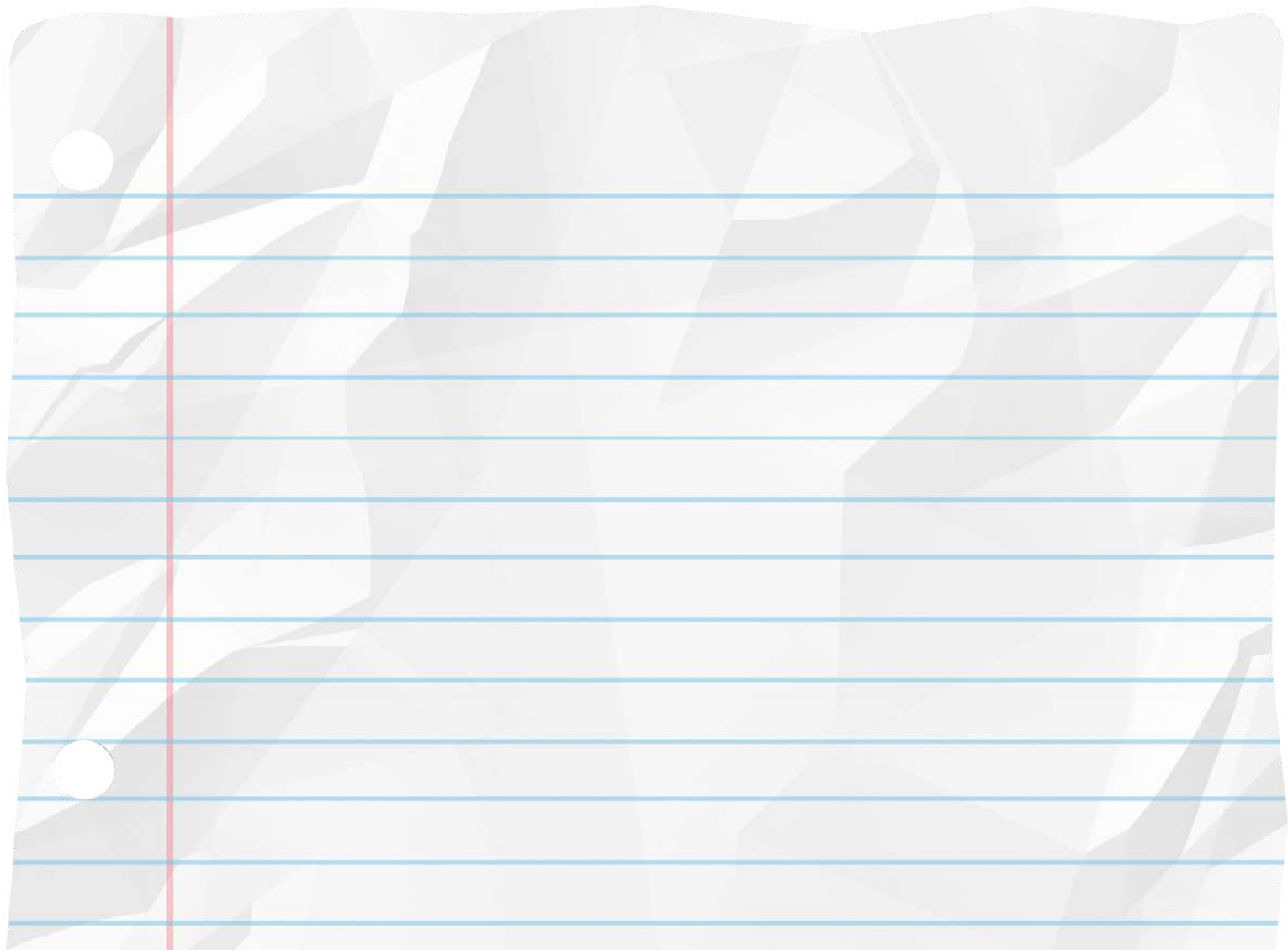
YOU MIGHT TAKE A BREAK NOW  
OR CONTINUE ONTO STAGE 4.

*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 3*





WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
NEXT STAGE OF THE DECISION MAKING JOURNEY:  
THE SOMATIC DUNES.

*Continue*



STAGE 4

# SOMATIC DUNES

*Ask the body*

*Continue*

*Video does not play?  
Click here*



# 4. SOMATIC DUNES

*Ask the Body*

*Inspiration*

**Science-Backed Body-Based Wisdom**



2-5 min.



*Reflection*

**Cultural Reasons for Mistrusting the Body**



2-5 min.



*Meditation*

**Mindfulness of the Body**



10-20 min.



*Bodywork*

**Constellation Work**



10-20 min.



*Next stage*

I have explored enough at this stage and want to travel on



*Click the buttons to get to the corresponding activity*





# SCIENCE-BACKED BODY-BASED WISDOM



2-5 min.



Your body carries an enormous amount of information and wisdom that the mind is not consciously aware of.

In 2016, researchers at the University of Iowa had participants play a game that used multiple decks of cards – some red and some blue. The blue deck had more benefits and the red deck was stacked against the player. But the participants were not told this.

After playing 50 rounds of the game, players expressed a hunch that one of the decks was better than the other.





# SCIENCE-BACKED BODY-BASED WISDOM

After playing 80 rounds, they could articulate which deck was better and why.

But while the subjects played the game, the researchers monitored the sweat on their palms.

According to the sweat response in the palms of the subjects, their bodies showed a preference for the blue deck after just 10 rounds of the game.

Imagine having access to information that much sooner!

*Continue*



# CULTURAL REASONS FOR MISTRUSTING THE BODY



2-5 minutes



Living in a sexist, racist, ableist, obesity-judging world can make it hard to trust your own body.


Make sure you move at your own pace and trust yourself.

If this isn't the right activity for you right now, feel free to skip it or come back to it later.

*Continue*



# MINDFULNESS OF THE BODY

 10-20 Min



Here is a 10-minute guided meditation to become aware and accepting of the sensations and wisdom of your body.

Find a comfortable position and let's drop in.



*Audio does not play?  
Click here*

*Continue*





# CONSTELLATION WORK



10-20 min.



When you have your options narrowed down to 5 or 6 or so, write each of the options, summarised with big colourful markers, one option per piece of paper.

Scatter the papers on the floor.

Stand on one of them. Imagine yourself in this reality. What does it feel like to be in this situation?

One by one, make your way through standing on each option and notice how you feel standing on each one. It can be very helpful to take notes about how you feel on each one or even better to ask someone else to take notes about what comes up, what doubts, hopes, feelings arise.

*Continue*



# CONGRATULATIONS!

YOU HAVE EXPERIENCED  
THE SOMATIC DUNES!  
YOU HAVE FINISHED PHASE 4,  
OF THE DIFFICULT DECISION MAKING JOURNEY!

LOOK BACK AND  
CELEBRATE

WHAT YOU HAVE EXPERIENCED  
AND DONE SO FAR.

RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

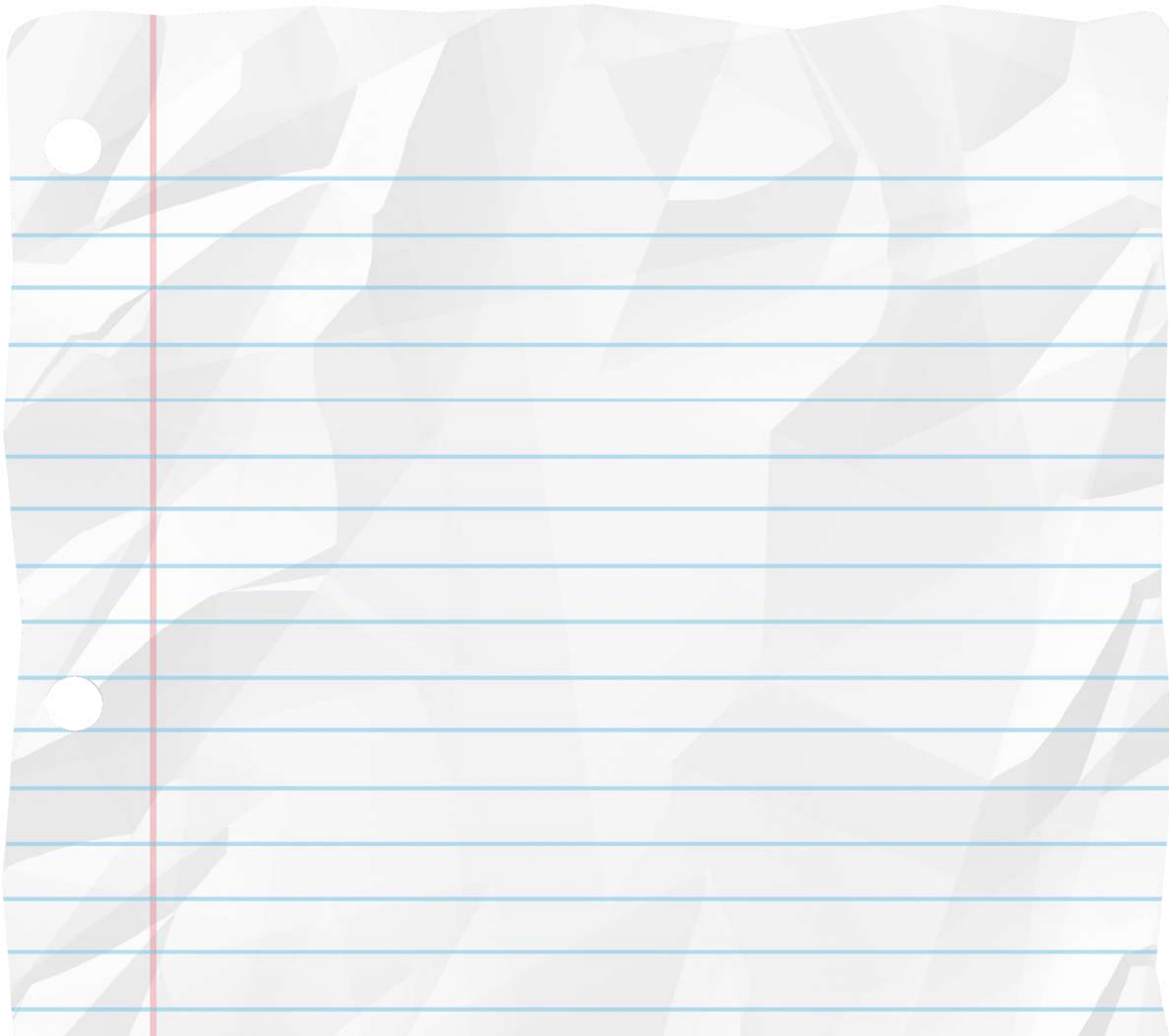
YOU MIGHT TAKE A BREAK NOW,

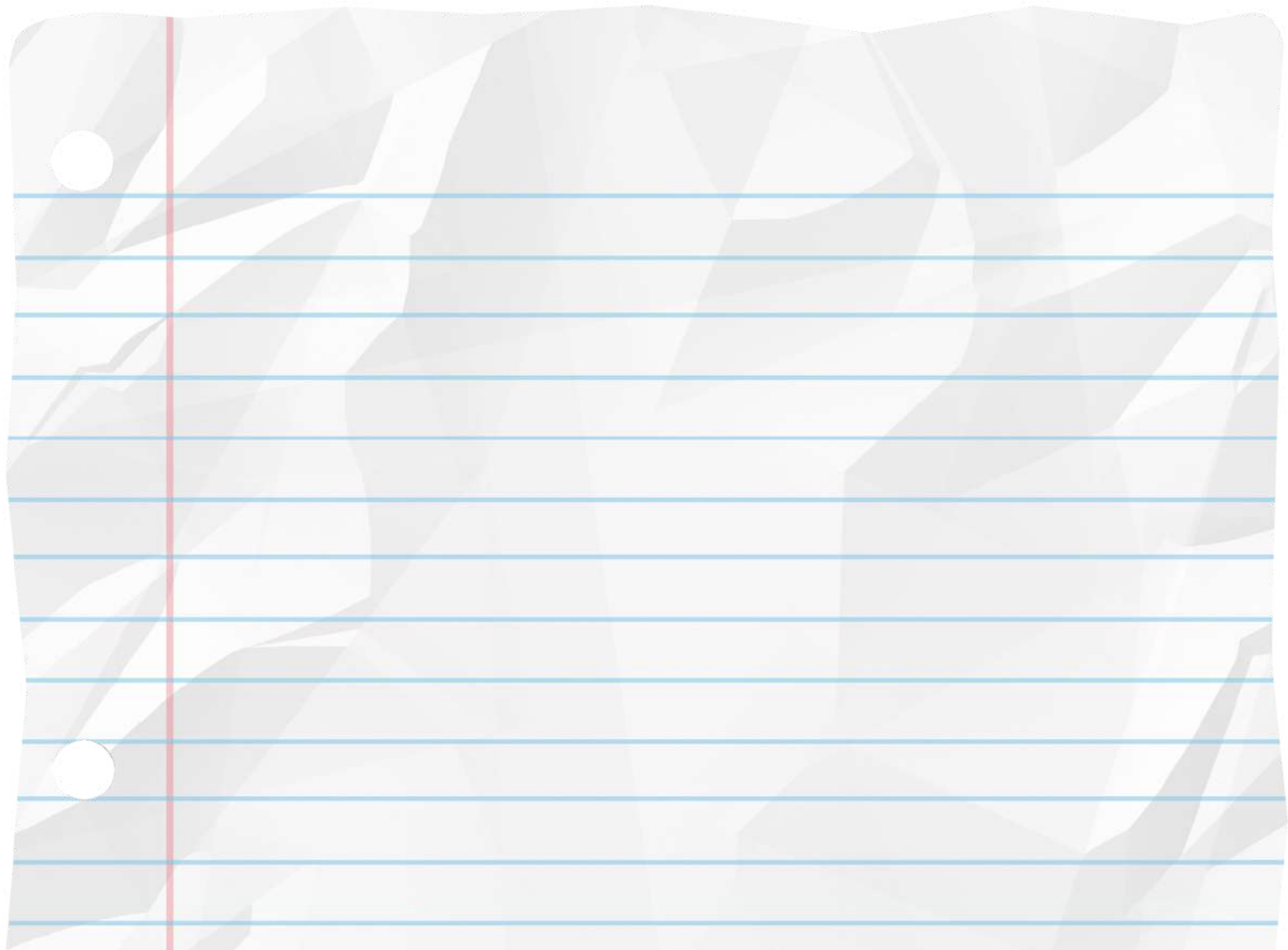
*Continue*

CONTINUE ONTO STAGE 5,

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 4*





WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
NEXT STAGE OF THE DECISION MAKING JOURNEY:  
THE LAKE PLACID.

*Continue*



STAGE 5

# LAKE PLACID

*Take a time out*

*Continue*

*Video does not play?  
Click here*





# 5. LAKE PLACID

*Take a Time Out*

*Inspiration*

**Taking a Time Out**



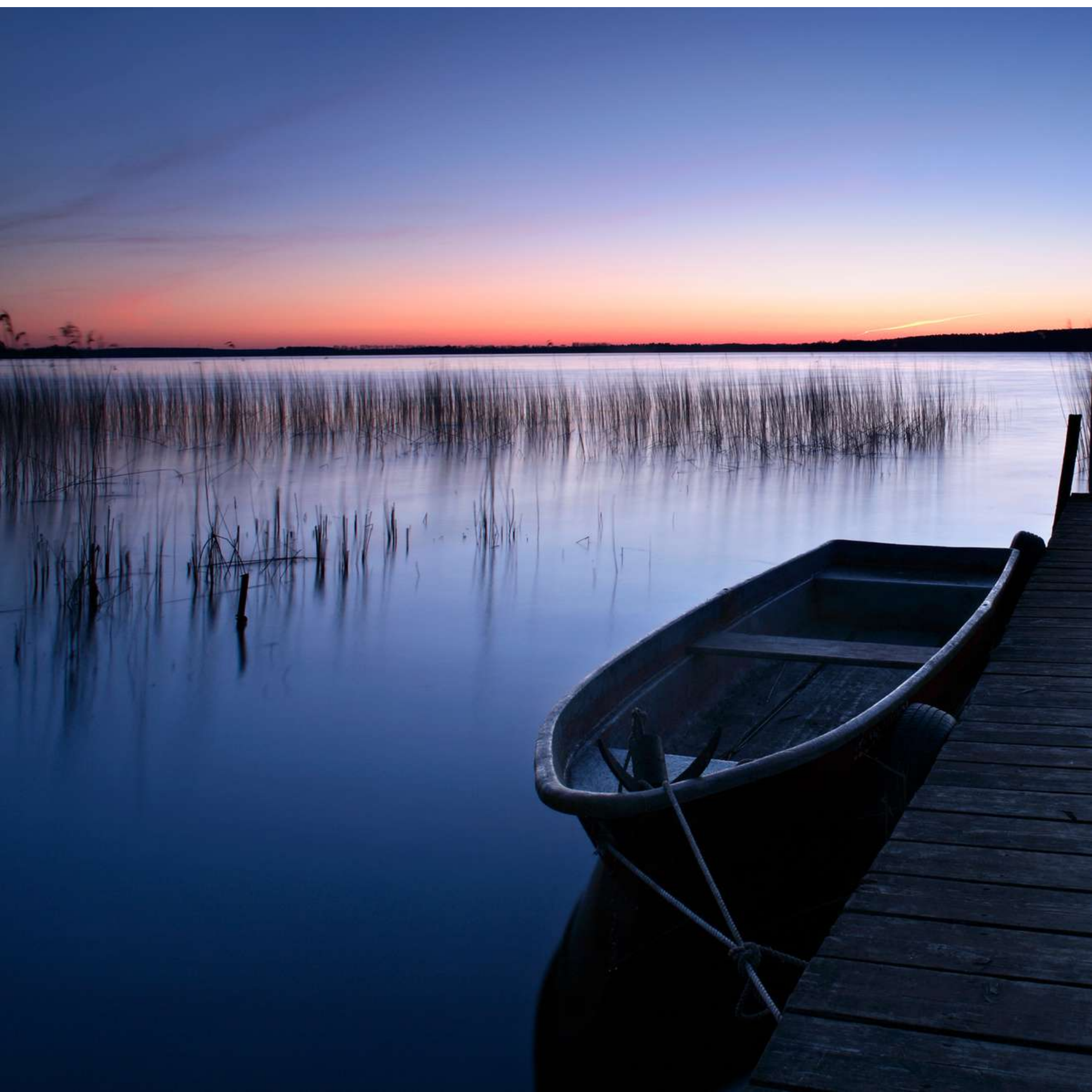
2-60 min.



*Click the button  
to get to the  
corresponding activity*

*Next stage*

I have explored  
enough at this  
stage and want  
to travel on



# TAKING A TIME OUT



2-5 min.



Ok. You've considered the problem. You've brainstormed possible solutions. You've sought outside perspectives. You've engaged your mind, your heart, and your body in this decision. It's time to take a break.

Use the space to:

- Doodle
- Go for a walk
- Take a shower
- Read some poetry
- Sing
- Workout
- Stare out the window
- Meditate





# TAKING A TIME OUT



2-5 min.

- Meditate: Choose from the list of guided meditations in Innertopia's Volume 5 - "EXCURSIONS".
- Put on some music and have an at-home dance party! Listen to your own music or choose from a few of our options:

*A-ha* by Alexander Mehlmann  
for relaxed, uplifting grace



*Wedding Song* by Pissed  
for high energy bouncing around



*Right Now* by Kay Ashley  
for calm, stretching



*Let Me Be* by Pissed  
for working out aggression



*Audio does not play?  
Click here*

*Continue*



# CONGRATULATIONS!

YOU HAVE RESTED IN  
LAKE PLACID.

YOU HAVE FINISHED PHASE 5  
OF THE DIFFICULT DECISION MAKING JOURNEY!

## LOOK BACK AND CELEBRATE

WHAT YOU HAVE EXPERIENCED  
AND DONE SO FAR.

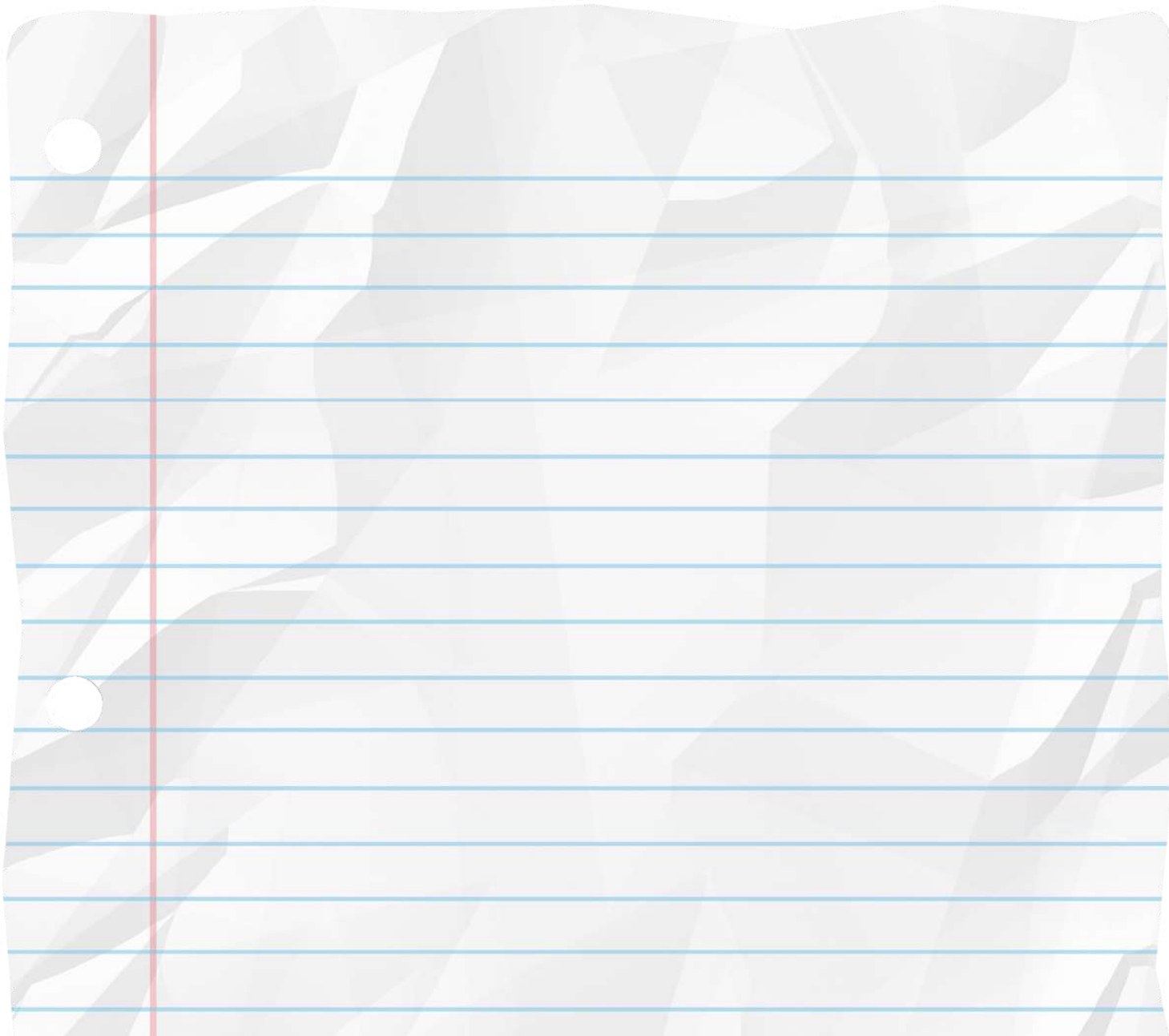
RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

YOU MIGHT TAKE A BREAK NOW  
OR CONTINUE ONTO STAGE 6,

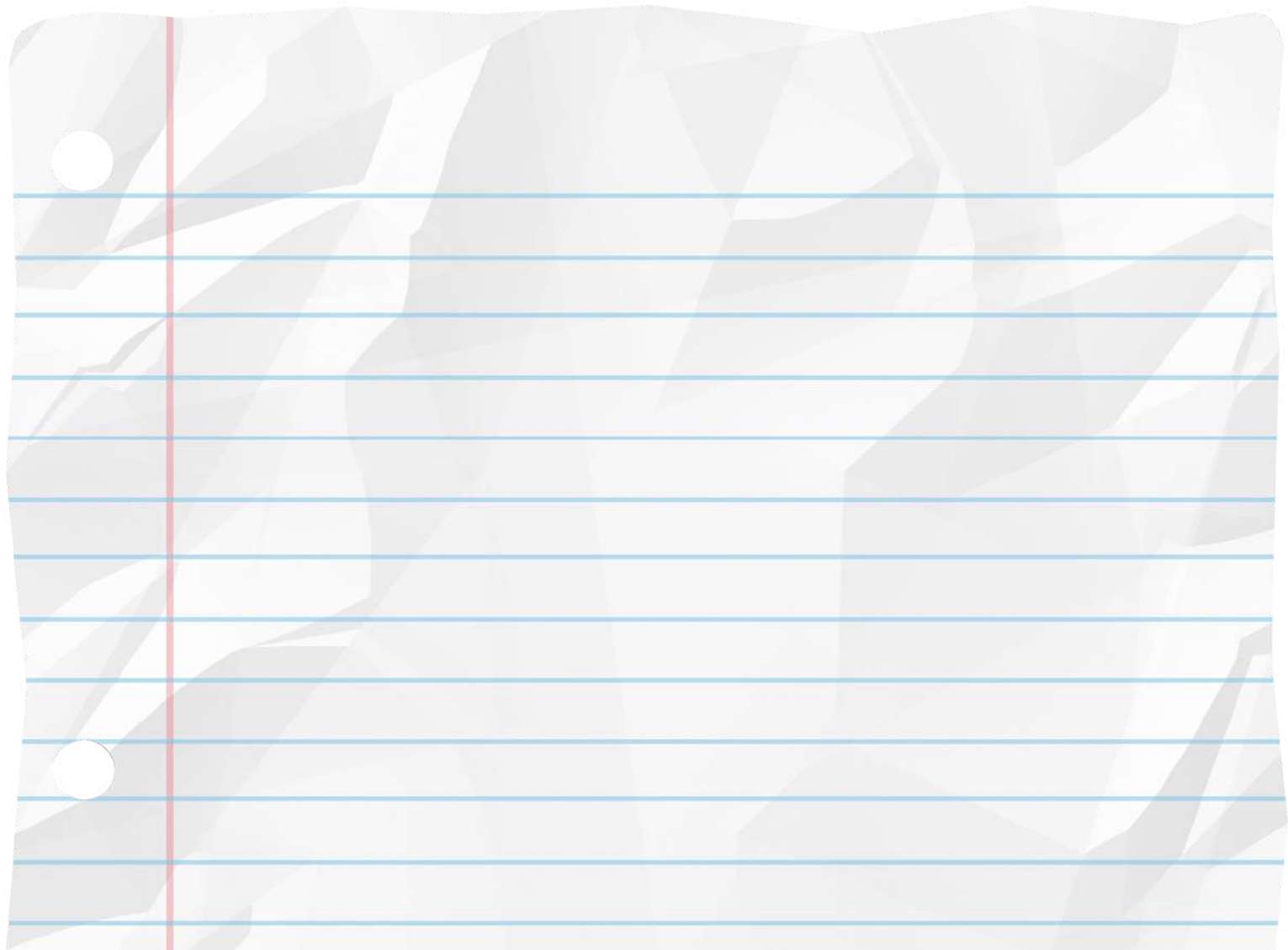
*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 5*







WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
NEXT STAGE OF THE DECISION MAKING JOURNEY:  
THE MOUNTAINTOPS.

*Continue*



STAGE 6

# MOUNTAIN TOP

*The decision*

*Continue*

*Video does not play?  
Click here*



# 6. MOUNTAINTOPS

*The Decision*

*Action*

**Expiry Date**



5-10 min.



*Meditation*

**Body-Based Knowing for Complicated Decisions**



15-20 min.



*Reflection*

**Power Questions**



5-20 min.



*Reflection*

**Make the Decision**



5-10 min.



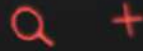
*Next stage*

I have explored enough at this stage and want to travel on

*Click the buttons to get to the corresponding activity*

12:57

LTE



# 2023

## Jan

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

## Feb

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19 20 21 22 23 24 25  
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## Mar

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19 20 21 22 23 24 25  
26 27 28 29 30 31

## Apr

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23 24 25 26 27 28 29  
30

## May

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7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

## Jun

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11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

## Jul

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16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

## Aug

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20 21 22 23 24 25 26  
27 28 29 30 31

## Sep

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10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30

## Oct

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15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

## Nov

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19 20 21 22 23 24 25  
26 27 28 29 30

## Dec


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10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

Today

Calendars

Inbox

# EXPIRY DATE

 5-10 min.



*Not sure?*

If you are not yet sure about the decision, it can feel too big and impossible to decide now.

*Instead try this:*

"I'm not deciding this forever.  
I'm deciding for the next 2 weeks."


Try it out for the next 2 weeks.  
Stop and reflect when the expiry date comes.

*Continue*





# BODY-BASED KNOWING

 15-20 Min



Narrow your situations down to three options.

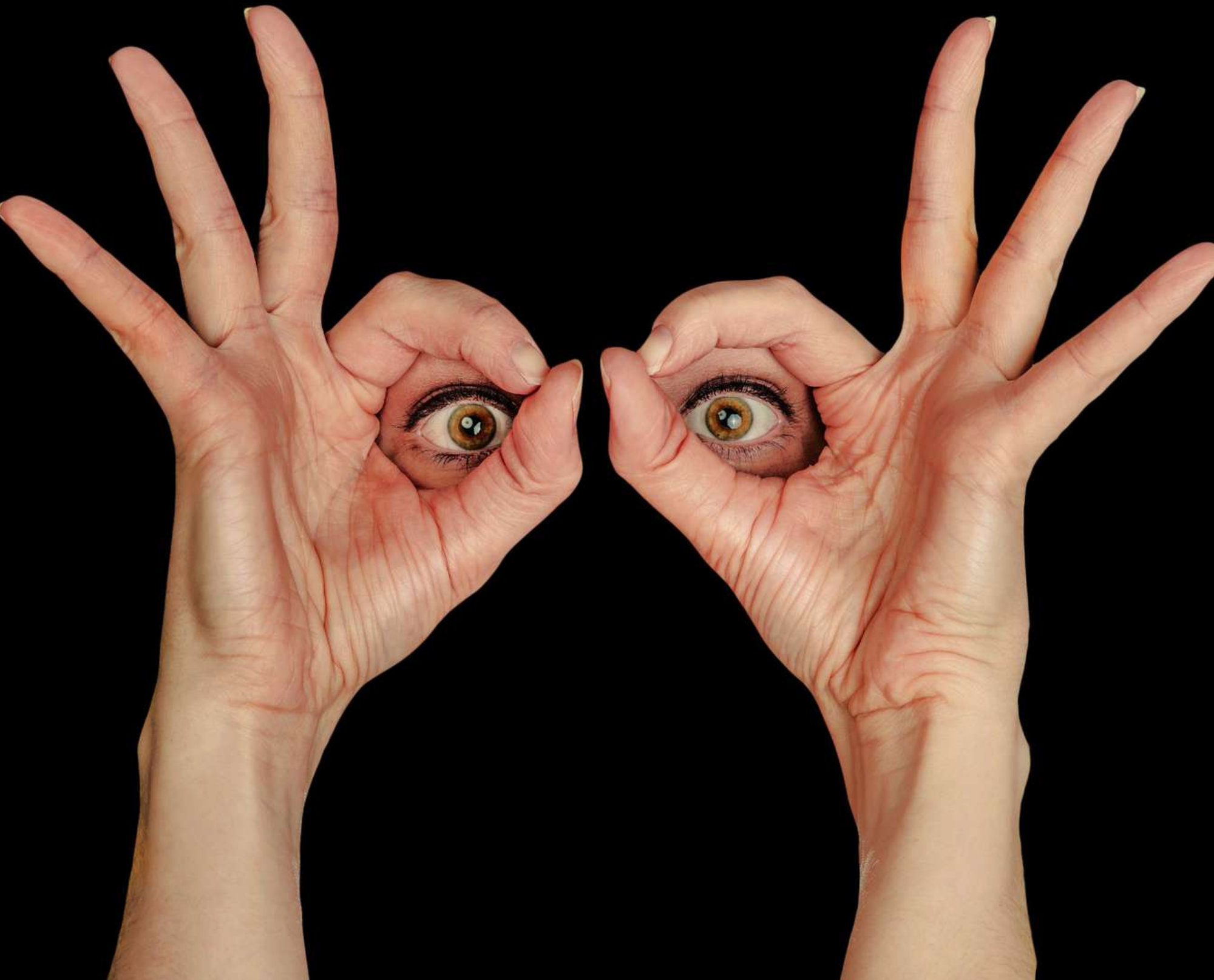
Listen to this meditation that guides you to feel each of the choices, one at a time, in your body. This is not using your mind to think it through. This is opening yourself to the wisdom and intuition that is in the body. For each choice we will feel where it lives in the body, what the shape, colour, temperature, and sensations it carries are.



*Audio does not play?*

*Click here*

*Continue*



# POWER QUESTIONS



Get quiet and listen for your inner wisdom as you ask your inner guidance each of these questions from the personal coach Marie Forleo.

Free write in response to these questions (or use the voice notation feature to “talk it out”). What we mean by “free write” is to let the words flow out of your pen without thinking about them too much. Let the words come from your heart. Don't worry about grammar, punctuation, or spelling. Let yourself be surprised by what comes in response to these questions. Ready? Let's do it!



# POWER QUESTIONS

Question 1 of 6:

*Who do I want to be in this situation?*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side. The paper is white with light blue horizontal lines and a vertical red margin line on the left. A white circular hole punch is visible on the left edge. The paper is set against a background of a grey and white geometric pattern.

# POWER QUESTIONS

Question 2 of 6:

*When I tap into my heart, what is the best use of my time?*

A large, light blue, lined writing area with a red margin line on the left and a white circular icon in the bottom left corner.

# POWER QUESTIONS

Question 3 of 6:

*What is my life asking of me right now?*

A graphic of a piece of lined paper with a red margin line and a hole punch on the left side, intended for writing an answer.

# POWER QUESTIONS

Question 4 of 6:

*What do I believe is the right thing to do?*



# POWER QUESTIONS

Question 5 of 6:

*What decision would I be proud of in 5 years? In 10 years?*

A graphic of a sheet of lined paper with a red margin line and a hole punch on the left side. The paper is white with light blue horizontal lines and a vertical red margin line on the left. A white circular hole punch is visible on the left edge. The paper is slightly wrinkled and has a subtle geometric pattern in the background.



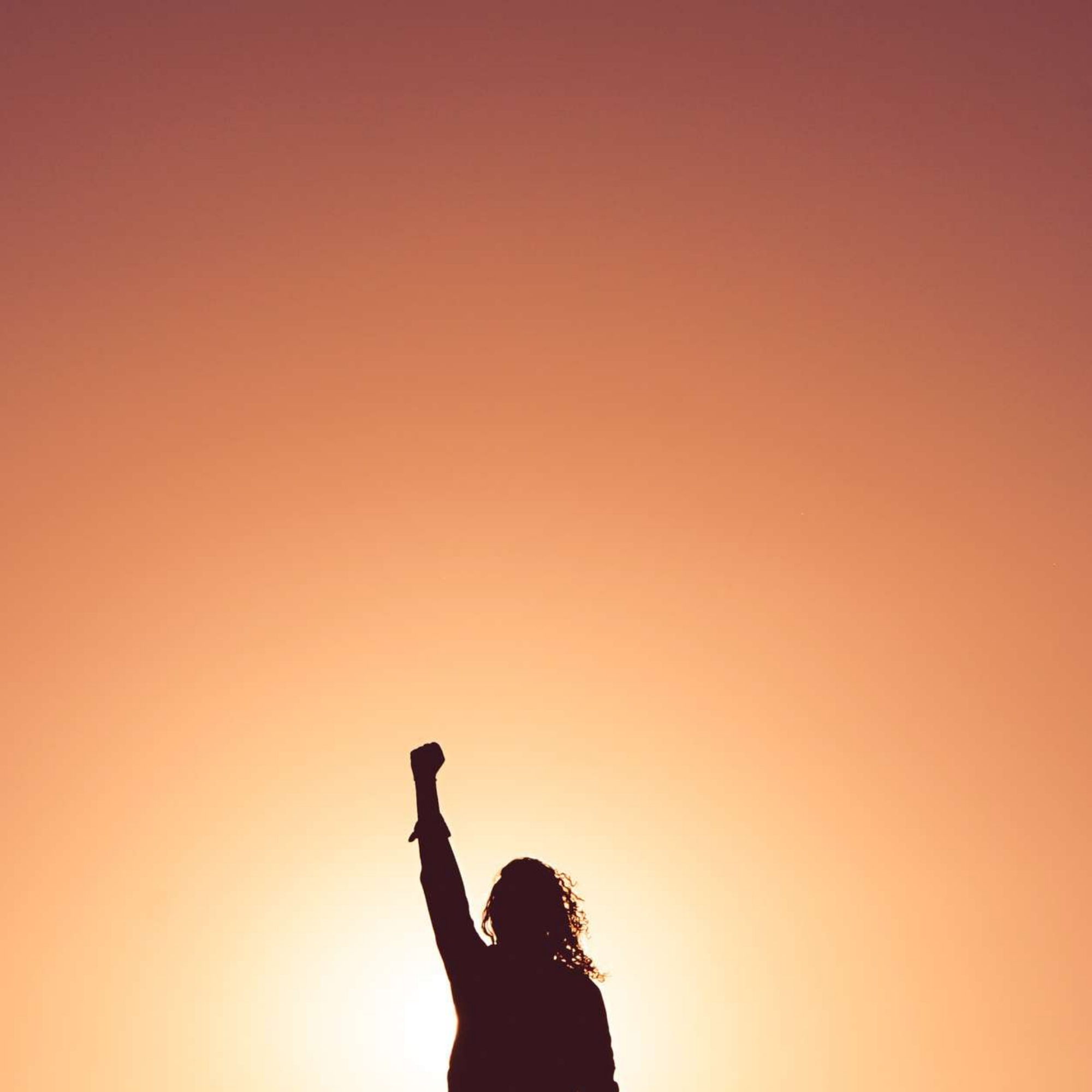
# POWER QUESTIONS

Question 6 of 6:

*If I were to decide only for myself without needing to please anyone what would be my choice?*



*Continue*



# MAKE THE DECISION!



5-10 minutes



*"There is no failure. There is only practice."*

RESMAA MENAKEM, AUTHOR & PHILOSOPHER

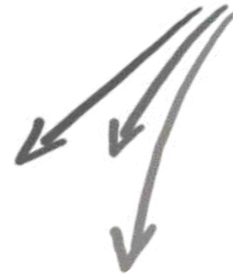
Are you ready to choose one of your options and make the decision?

If you're not quite ready, [click here to take a look at the table of contents](#), with all the different ways the final decision can be made. From there, try out whichever one you feel drawn to and keep trying out methods until your choice is clear.

Once you have made your decision, move on to CELEBRATE!

*Continue*

*Click on the text  
to get to the  
corresponding chapter*



## 1. CLEAR ISLAND

*Understanding the Problem*

Meditation: Calling in Guidance

Reflection: Defining the Problem

Reflection: Clarify your Inner Landscape

Communication: Get an Outside Opinion

## 2. MEADOWS OF POSSIBILITIES

*Gathering Possible Responses*

Meditation: Visualising Abundance

Action: Options Brainstorm

Reflection: One, the Other, Both, Neither, Everything

Action: Research the Options

### 3. CANYON NARROWS

*Winnowing the Options*

Reflection: Pros & Cons

Action: Testing

### 4. SOMATIC DUNES

*Ask the body*

Meditation: Mindfulness of the Body

Action: Constellation Work

### 5. LAKE PLACID

*Take a time out*

Take a time out

### 6. MOUNTAINTOPS

*The decision*

Action: Expiry Date

Meditation: Body-Based Knowing for Complicated Decisions

Reflection: Power Questions





# CONGRATULATIONS!

YOU HAVE CLIMBED TO  
THE MOUNTAINTOP:  
YOU HAVE FINISHED PHASE 6  
OF THE DIFFICULT DECISION MAKING JOURNEY!

## LOOK BACK AND CELEBRATE

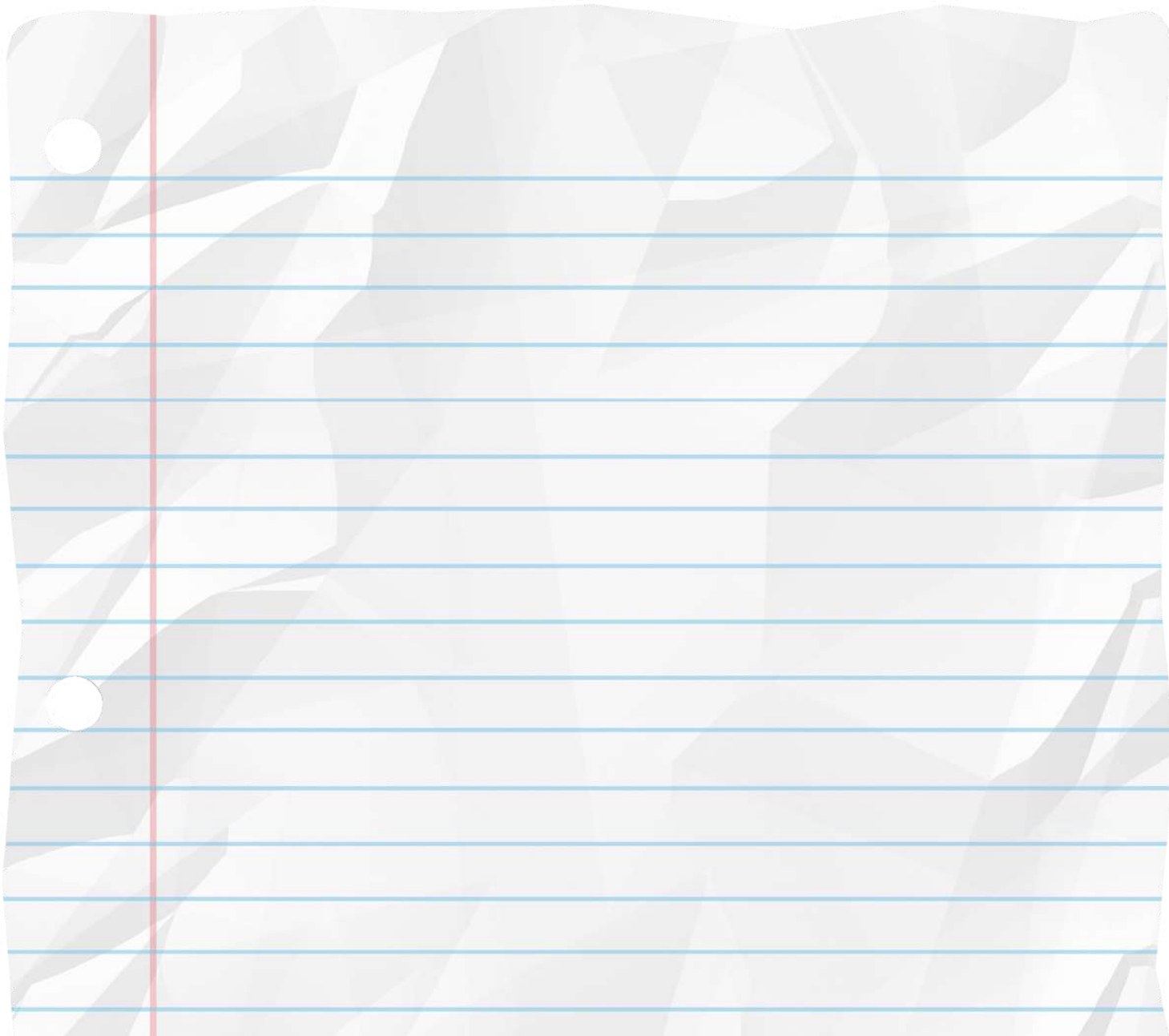
YOU MADE YOUR DECISION!  
HOW DO YOU FEEL IN YOUR BODY?  
RECORD ON THE NEXT PAGE  
YOUR MOST IMPORTANT IMPRESSIONS.

YOU MIGHT TAKE A BREAK NOW,  
OR CONTINUE ONTO THE FINAL STAGE.

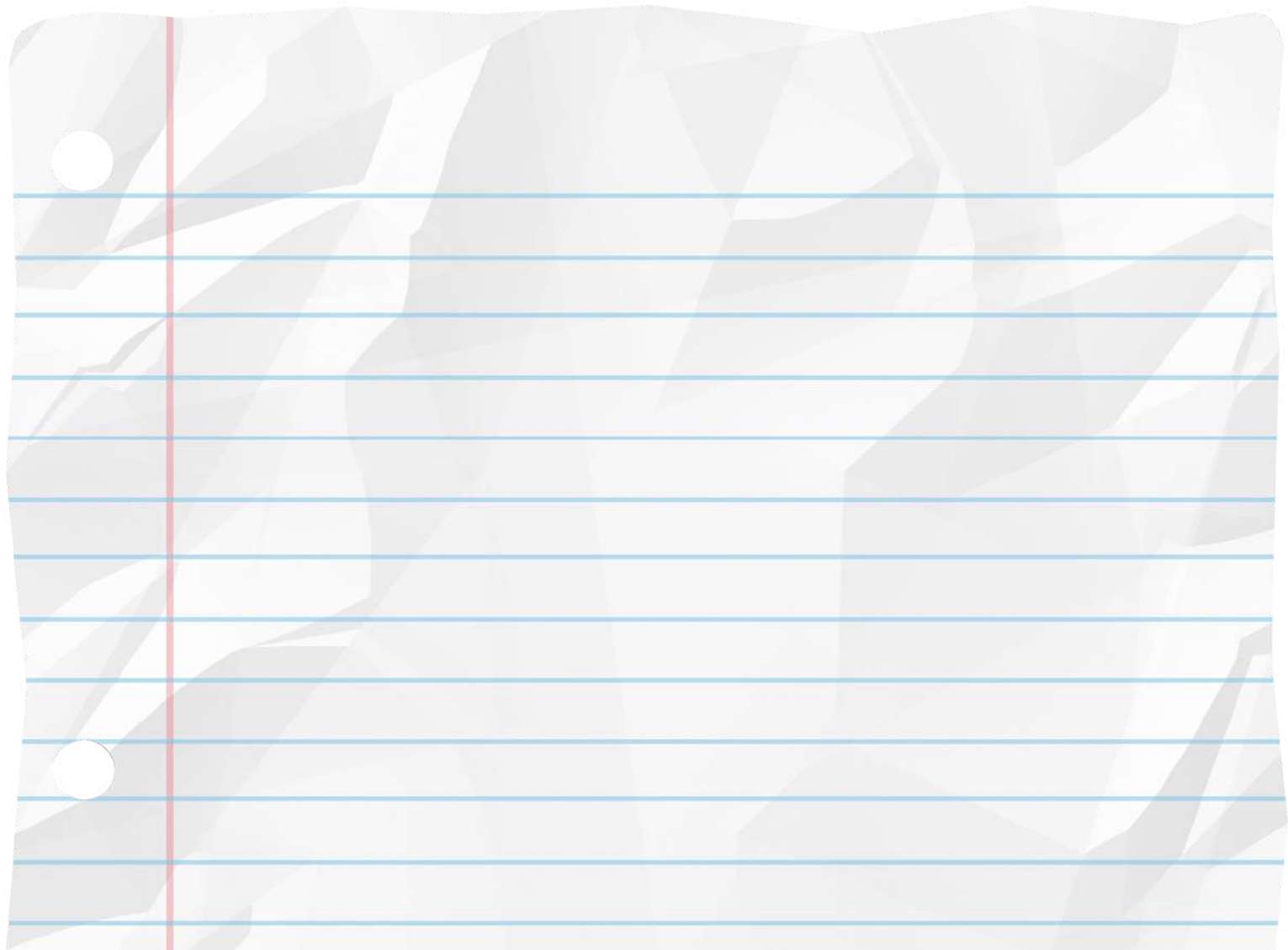
*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from stage 6*







WHEN YOU'RE REFRESHED AND READY,  
YOU CAN GO TO THE  
LAST STAGE OF THE DECISION MAKING JOURNEY:  
THE POST-DECISION REFLECTION POOL

*Continue*



# STAGE 6

# POST-DECISION REFLECTION POOL

*Implement, assess and modify*

*Continue*

*Video does not play?  
Click here*



# 7. POST-DECISION REFLECTION POOL

*Impelement, Asecess, and Modify*

*Reflection*

**Post-Decision Questions**

🕒 5-20 min. 🚌

*Action*

**Implement**

🕒 5-10 min. 🚌

*Reflection*

**Circling back around after some time has passed**

🕒 5-15 min. 🚌



*Click the buttons  
to get to the  
corresponding activity*

*Next stage*

I have explored  
enough at this  
stage and want  
to travel on



# POST-DECISION QUESTIONS



Once you've made your decision, ask yourself the following three questions and listen to your inner knowing.

If you can answer yes to all three questions, you've made the best choice for you!



# POST-DECISION QUESTIONS

1. *Is this aligned with my values?*



# POST-DECISION QUESTIONS

*2. Does this feel true to my heart?*



# POST-DECISION QUESTIONS

*3. Am I at peace with this,  
given the challenges of the moment?*

# POST-DECISION QUESTIONS

If you answered yes to all three questions, you've made the best choice for you!


If not, consider journalling a bit to uncover where you have remaining questions. You might like to revisit some of the exercises to further hone your choice.



*Continue*



# IMPLEMENT

 5-10 min.



Now that you've made your decision and celebrated it, what actions will you take?

What are the specific next actions you need to do?

Make a list below or in your journal.



*Continue*



# CIRCLING BACK AROUND

*after some time has passed*



5-10 minutes



Good decision-making is circular; it needs a feedback loop as we gather information and analyse it and our thinking.

After we've lived with our decision for a while (depending on the type of decision this could be a week, a month, or a year), we can go back to find adjustments that can be made to improve or hone the decision. We may even reverse the decision or choose a different path.

Reflect on the following four questions...



# CIRCLING BACK AROUND

*after some time has passed*

1. *In what ways has this choice been a success?  
What has worked well?*

A sheet of white lined paper with horizontal blue lines and a vertical red margin line on the left side. There is a white circular hole punch on the left edge. The paper is slightly wrinkled and has a faint, abstract geometric pattern in shades of gray and blue in the background.



# CIRCLING BACK AROUND

*after some time has passed*

*2. What have I learned from this decision?*

*What have been the major lessons or insights?*

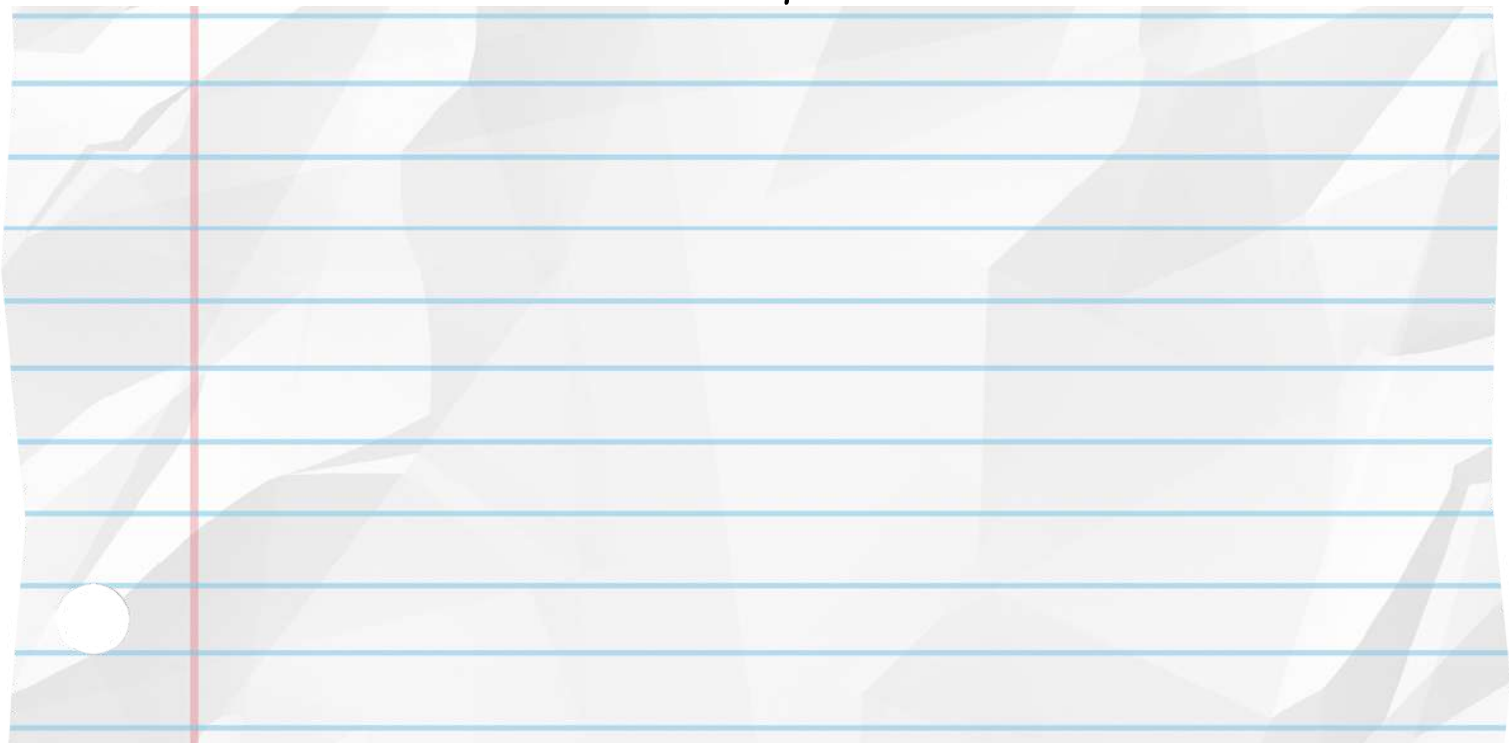
*What lessons were most important and why?*



# CIRCLING BACK AROUND

*after some time has passed*

- 3. Considering the most important lessons you just reflected on, what aspects of this decision could be improved?*

A sheet of white lined paper with a red margin line on the left side and a hole punch at the bottom left. The paper is intended for writing a response to the reflection question.

# CIRCLING BACK AROUND

*after some time has passed*

*4. Looking at the aspects of the decision that could be improved, what is one small specific action you could take toward that improvement?*





# CIRCLING BACK AROUND

*after some time has passed*

*5. If possible, take that action you wrote in the previous step right now! If it's not possible to do right now, make a date with yourself to do it when it is possible. If it feels too big, chunk it down into smaller, more manageable steps.*

*Continue*



# CONGRATULATIONS!

YOU HAVE COMPLETED THE DIFFICULT DECISIONS JOURNEY!

## NOW IT IS TIME TO CELEBRATE

TAKE A MOMENT TO NOTICE WHAT RELIEF  
OR OTHER FEELINGS YOU MIGHT FEEL

HOW DO YOU FEEL IN YOUR BODY?

ENJOY ANY FEELING OF SPACIOUSNESS IN YOUR BODY.

HONOUR YOURSELF AND YOUR EFFORTS!

RECORD ON THE NEXT PAGE

YOUR MOST IMPORTANT IMPRESSIONS.

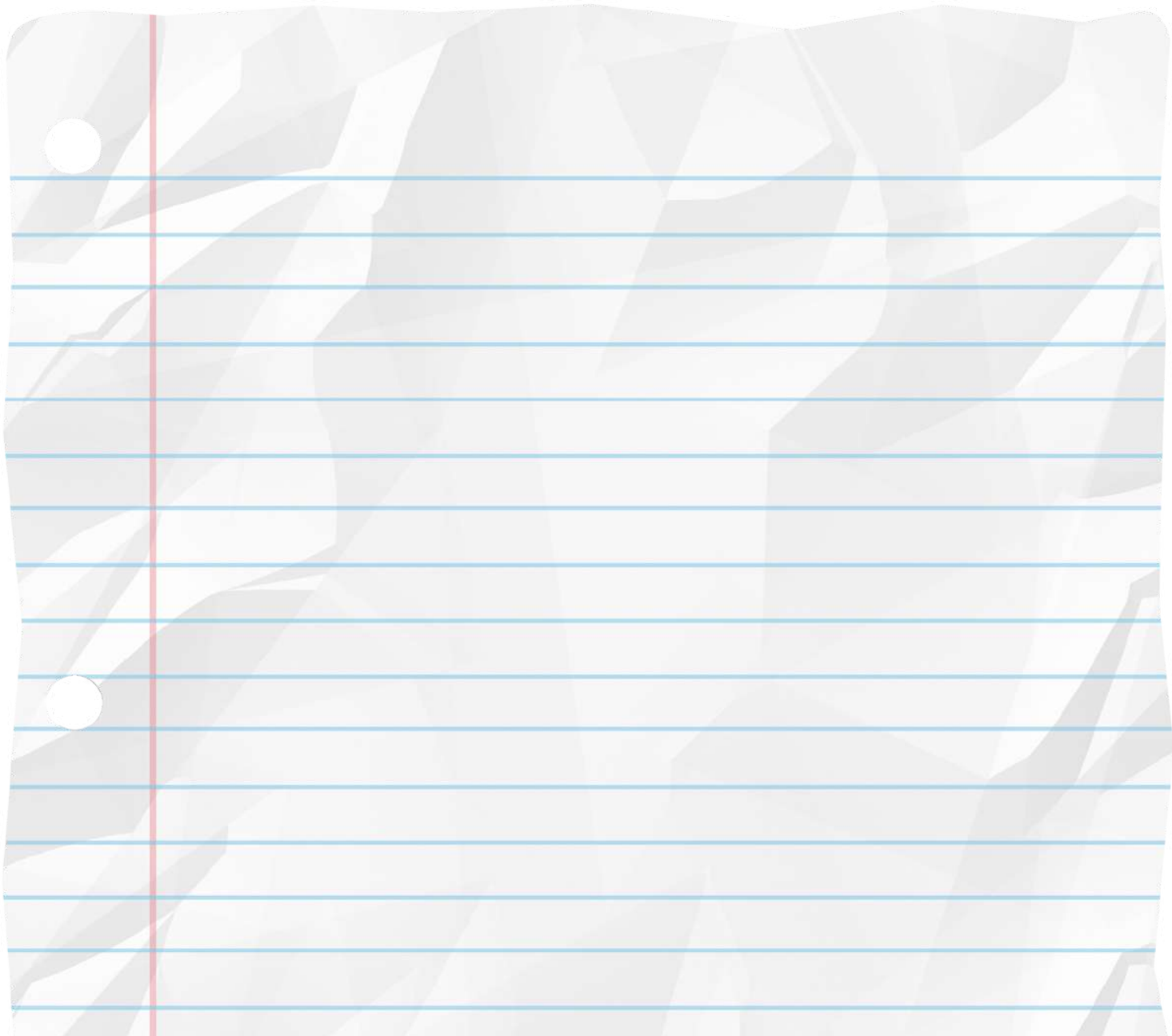
WHAT CAN YOU DO TO CELEBRATE THAT YOU'VE GONE  
THROUGH THIS WHOLE PROCESS AND LEARNT USEFUL

LESSONS ON THE WAY?

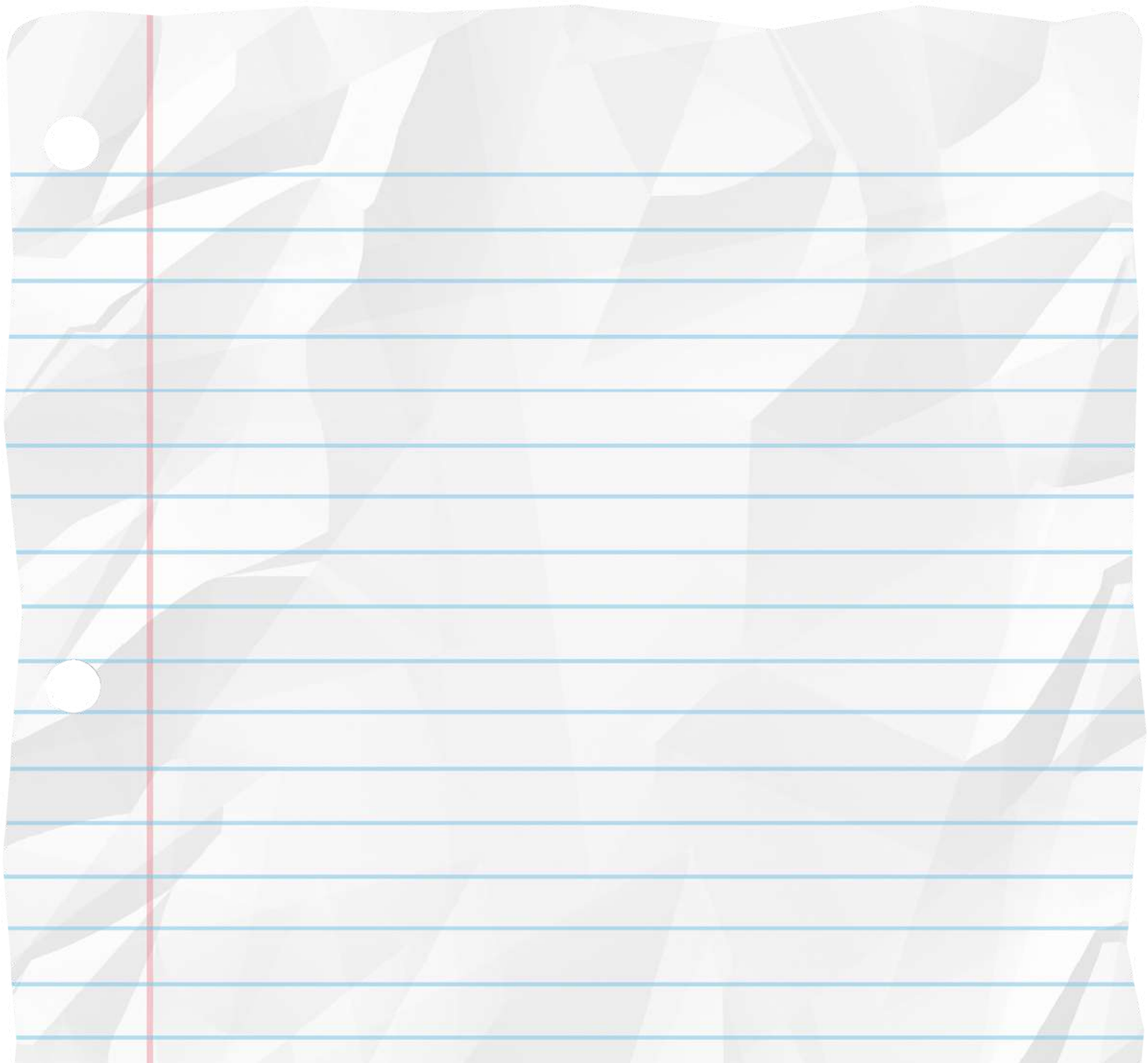
*Continue*

# TRAVEL JOURNAL

*Notes, learnings, ideas, insights from the whole journey*







*Continue*

**FINAL FILM**



# THANK YOU FOR TRAVELLING WITH INNERTOPIA

*We hope you enjoyed your trip! What can you do next?*

*Feedback*

Please rate us and give us feedback here.

..

*Share*

You liked this journey? Share it with your friends !

*Donate*

You would like to express your appreciation and to support us to continue to do this kind of work? Donating is an excellent way to do this.

*New journey*

Check out journeys, excursions and other empowering materials.

*About*

Learn more about Innertopia, its purpose, its creators and enablers.

*Hire us*

You would like us to organize a workshop for your team or company or create customized exploration material?

Get in touch with us here.

*Video does not play?*

*Click here*



**INNERTOPIA  
TRAVELS**

# LEARN MORE ABOUT INNERTOPIA

The app "Innertopia" was created as part of the European project "Hosting Empowerment" and aims to support you to empower yourself, to give you courage, strength and momentum to shape your life and the world around you. And to enjoy it along the way!

*So what IS empowerment, and why does it matter?*

We are all hypnotised, said Willis Harman. Hypnotised into believing we are less than we are, into staring at what is - or may be - impossible.

Empowerment is about adventure, about exploring the largely unknown continent of the possible, both for us and for others. The adventure, this exploration, is as real and tangible as any journey of Magellan or Columbus. It takes us into deep space - inner space - and, just like other forms of space travel, brings a new perspective to ourselves and our world; our real world, the neighbourhood and community in which we live. The dual perspectives of inner and outer space can help us to collectively mature into a functional, loving species capable of keeping house on this planet.

Andersen's Ugly Duckling matured into a swan. We can do it, too.





# WHY DID WE CREATE INNERTOPIA?

Not only for our own sakes but for all of us, the state of the planet and of human civilization calls for everyone's participation in crafting a viable future for humankind. 'No-one left behind'.

We want everyone to be part of this venture. To become effective agents of change in their own lives as a preliminary to influencing the community and society in which they live.

Providing digital Innertopia Travel experiences seemed to be a fun and effective way to provide opportunities for empowerment beyond the limited reach of our seminars, events and other learning offers. We definitely had fun creating it and learned a lot during that process. We hope you did, too!



# LIVE YOUR POWER EMPOWERMENT BOOKLETS



# GUIDEBOOK FOR FACILITATORS



# EMPOWERING INTERVIEWS



# FACILITATION TOOLBOX





# THE INNERTOPIA ECOSYSTEM

Innertopia is a part of a larger ecosystem of open source empowerment products created within the frame of the Erasmus Plus Project "Hosting Empowerment". You are welcome to use them, too:

## *Booklet*

Self-empowerment booklet "Live Your Power"  
Fill it in online or print it out. Available in 11 languages.

## *Film Campaign*

Empowering Interviews from our film campaign "Live Your Power"

## *Toolbox*

A toolbox for facilitators, group leaders and educators

## *Guidebook*

The book "Empowerment:  
A guide for facilitators"





# WHO RUNS THIS TRAVEL AGENCY?

We are a group of leaders and facilitators from Germany, Italy, Hungary, Sweden, Austria and Portugal, who work in “Transformation Academies”. We all empower and support individuals, teams and communities to actively shape society towards a more humane, joyful and sustainable world.

*Learn more*

Learn more about our team, the Hosting Empowerment Project and Transformation Hosts International.





hosting  
EMPOWERMENT

# THE INNERTOPIA TEAM



**JUTTA GOLDAMMER**  
Visionautik Akademie, Germany



**BORIS GOLDAMMER**  
Visionautik Akademie, Germany



**MANJA GOLDAMMER**  
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**MARILYN MEHLMANN**  
Legacy 17, Sweden



**ALEXANDER MEHLMANN**  
Legacy 17, Sweden



**ANNIKA PIIRIMETS**  
Legacy 17, Sweden



**SUIKO MCCALL**  
Art Monastery, Italy / USA



**FILIPE ALVES**  
Biovilla, Portugal



**LYDIA MÜLLER**  
Biovilla, Portugal



**SYLVIA BRENZEL**  
Plenum, Austria



**ALFRED STRIGL**  
Plenum, Austria



**DORA HALÁSZ**  
Rogers Foundation, Hungary



**URSEL BIESTER**  
Trekstones, Germany



**SARA CANDEIAS**  
Biovilla, Portugal



# SUPPORTERS

Innertopia has been created with a lot of heart and many more people beyond our team helped us to make it possible - with deep conversations, interviews, user feedback, translations, emotional support, technical expertise, creative contributions and many more.

Thanks to all the committed people who made Innertopia possible and are still working to improve it! Special Thanks to:

Leon Goldammer  
Silvan Goldammer  
Imke Wangerin  
Nils Cornelissen  
Matthias Tischer  
Diego Galafassi  
Floor Wolff  
Devrac Singh  
Shekhawat

Isabel Baldonado  
Kirsten Wiese  
Carina Edholm  
Patrícia Gonçalves  
Iva Rožanković  
Želimir Lah  
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We hope you liked to travel with Innertopia. We are happy if you generously share this experience with your friends, family, colleagues and other adventurous souls who are curious to explore themselves or who might profit from an extra portion of empowerment.

*We wish you an adventurous life  
full of trust!*



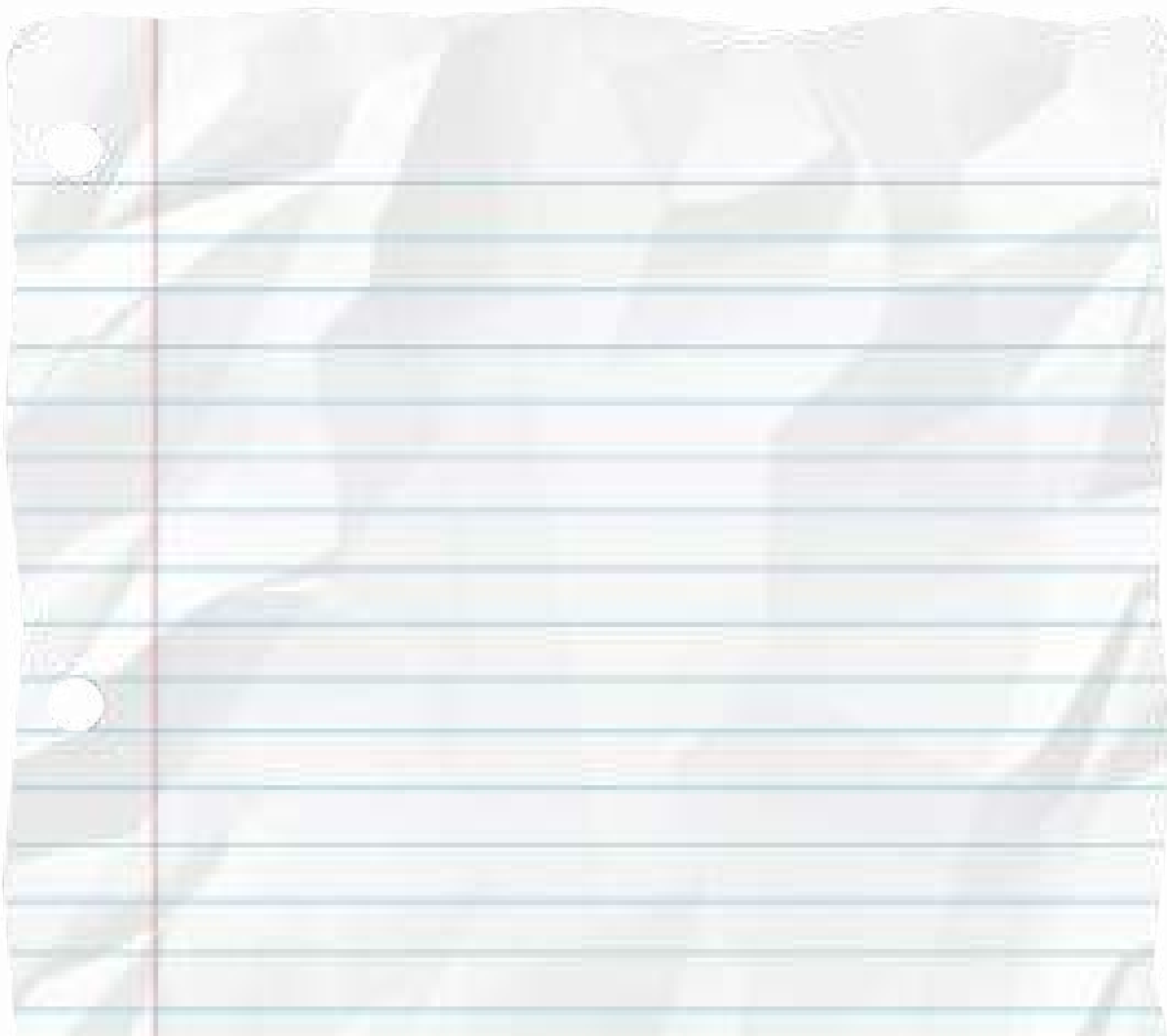
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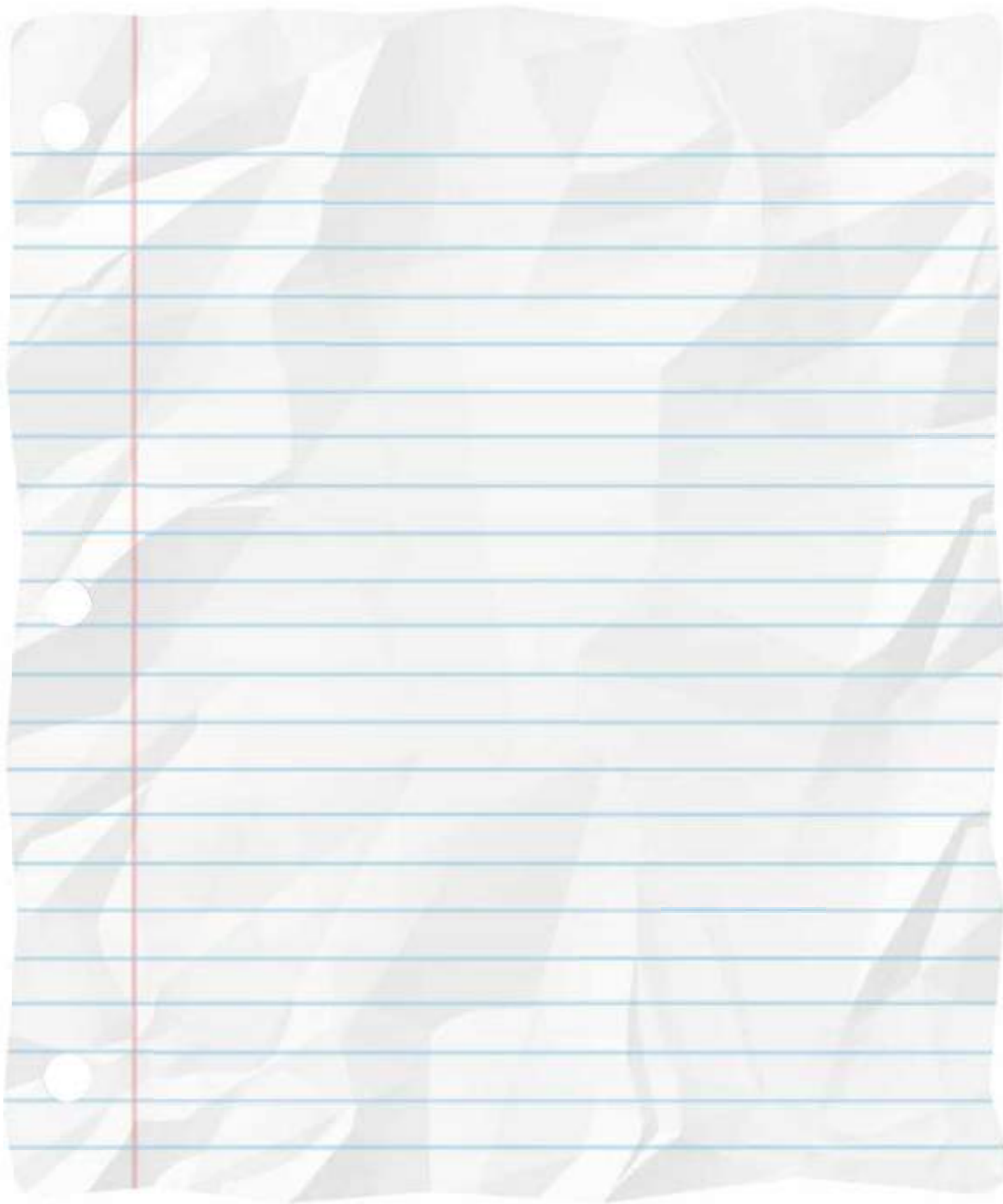
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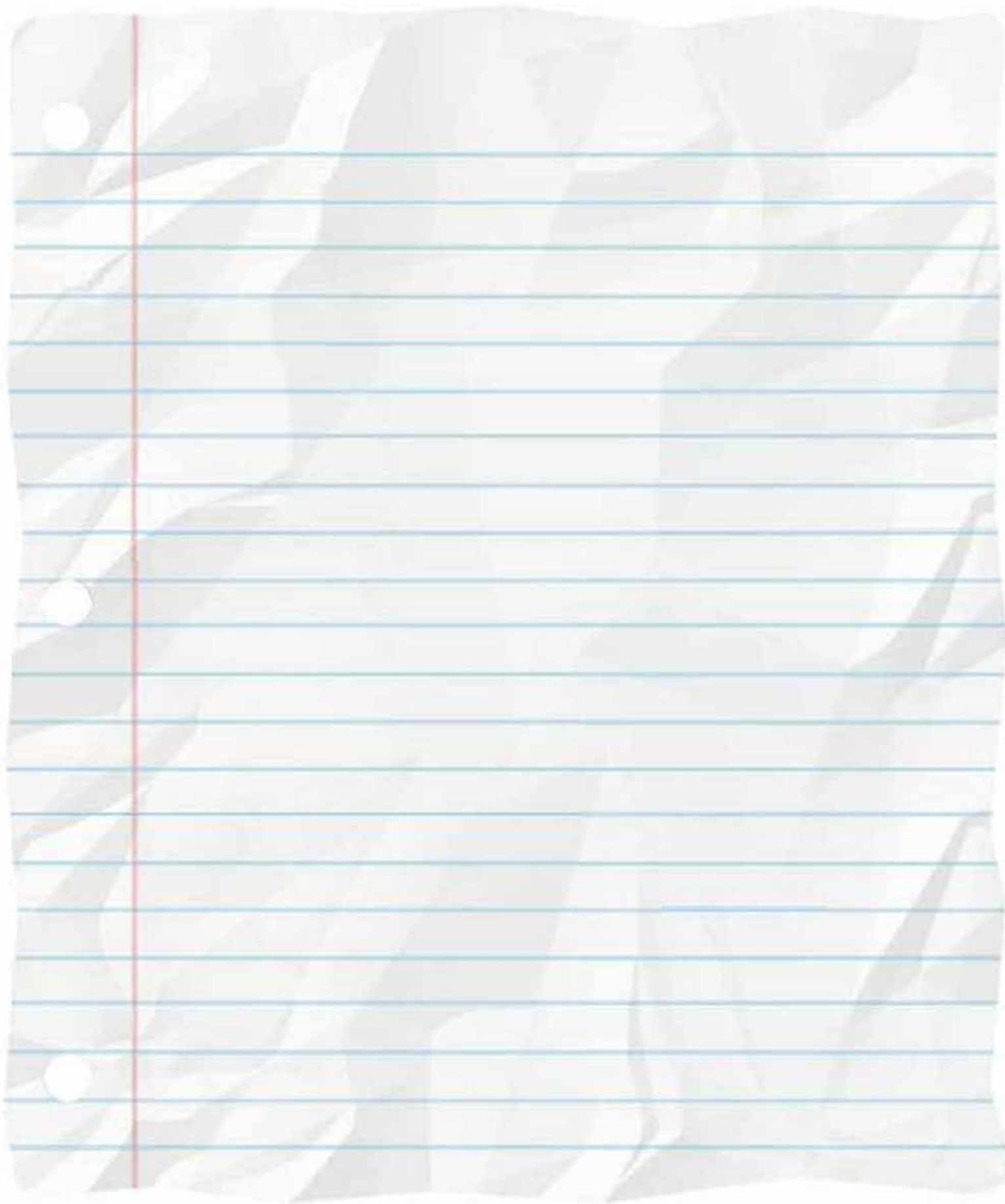


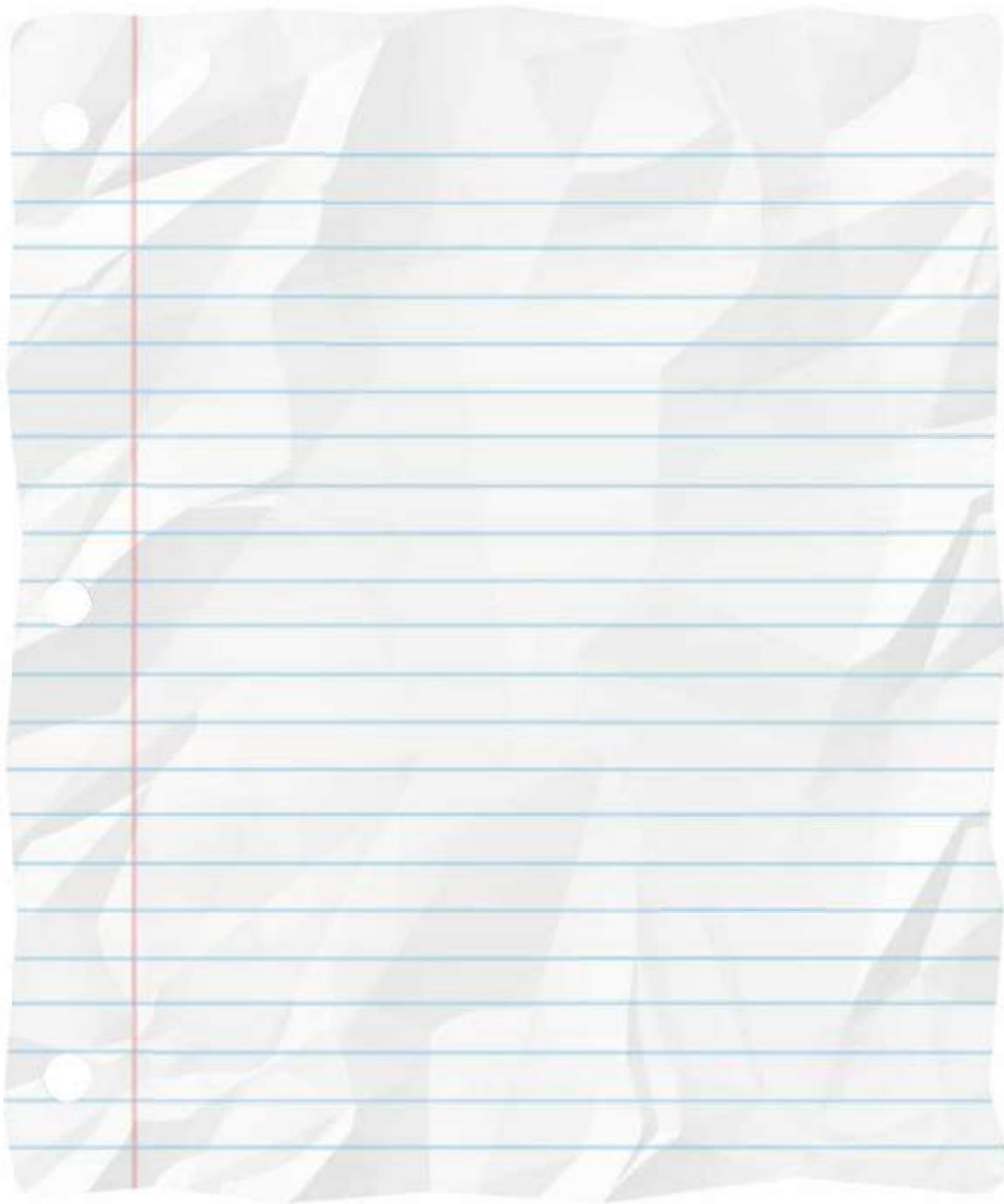
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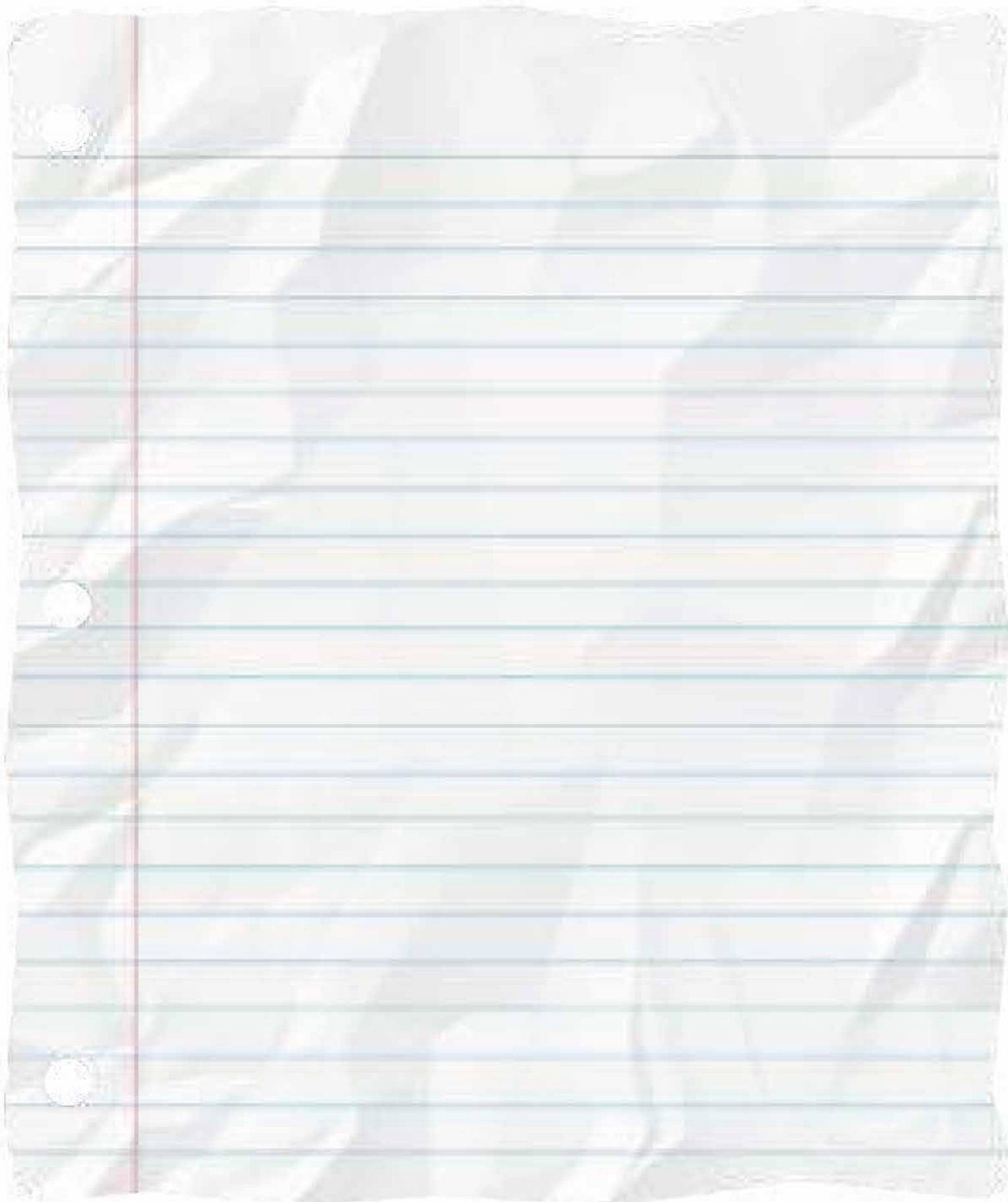
*Notes, learnings, ideas, insights from your journey*

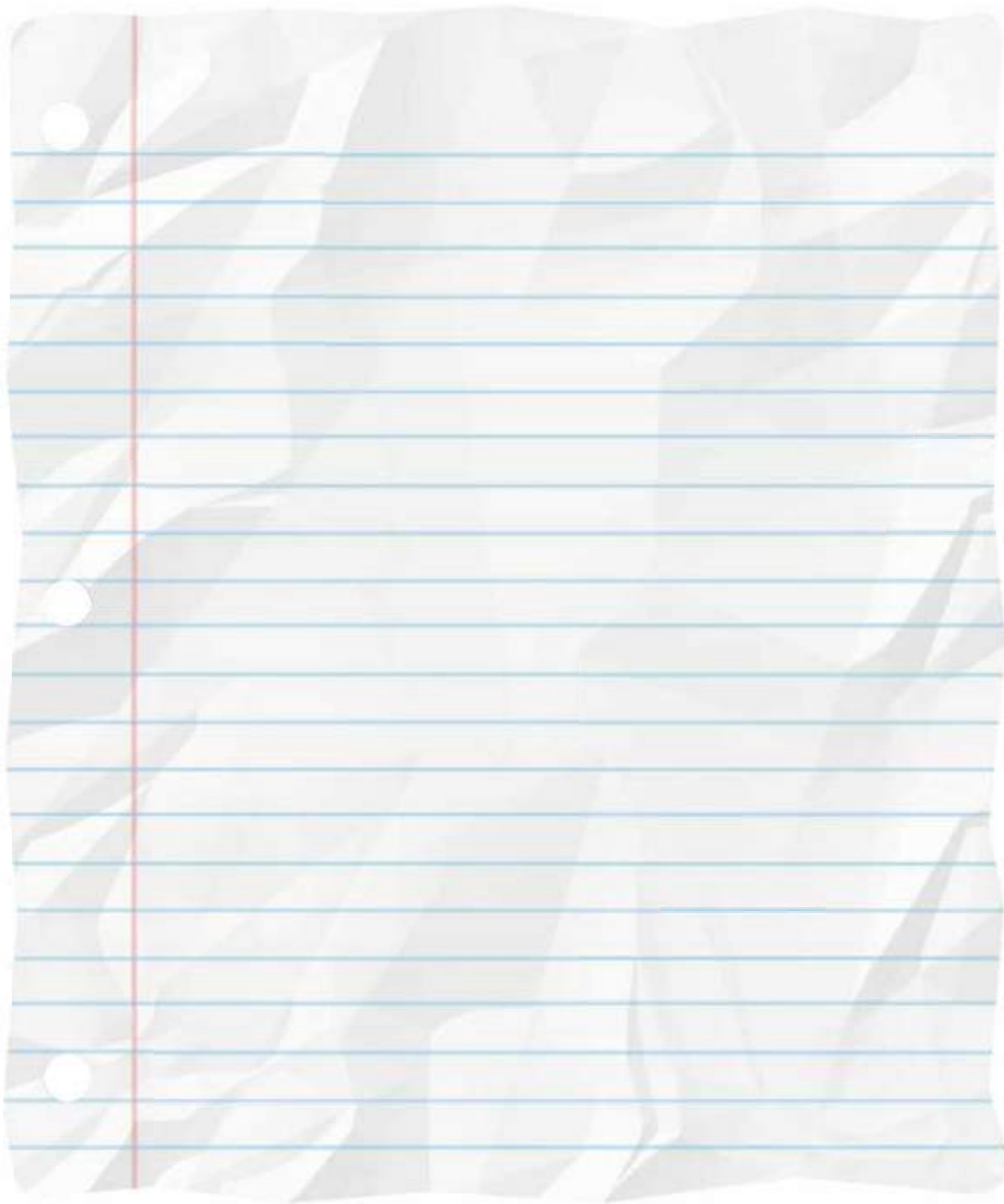


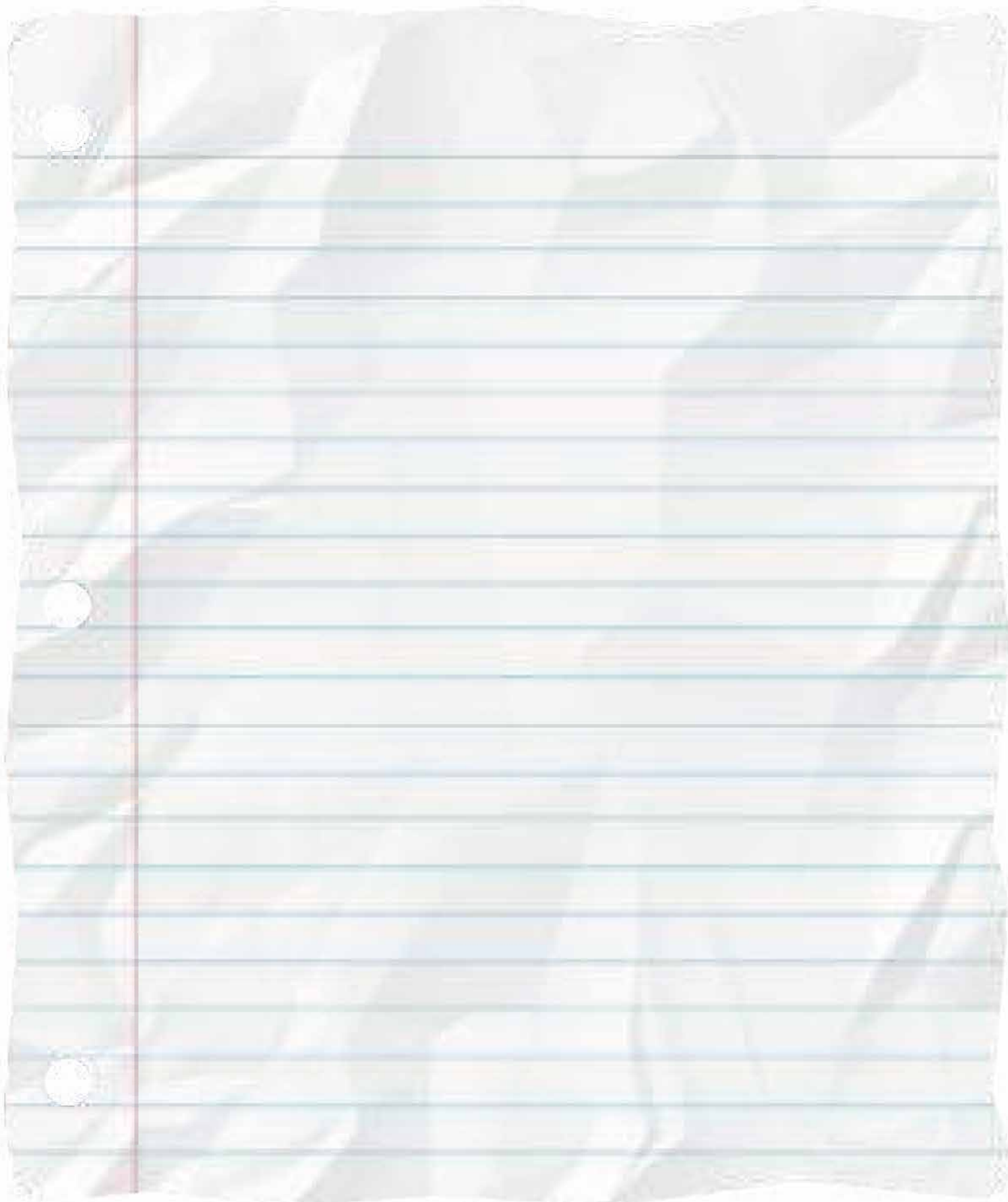




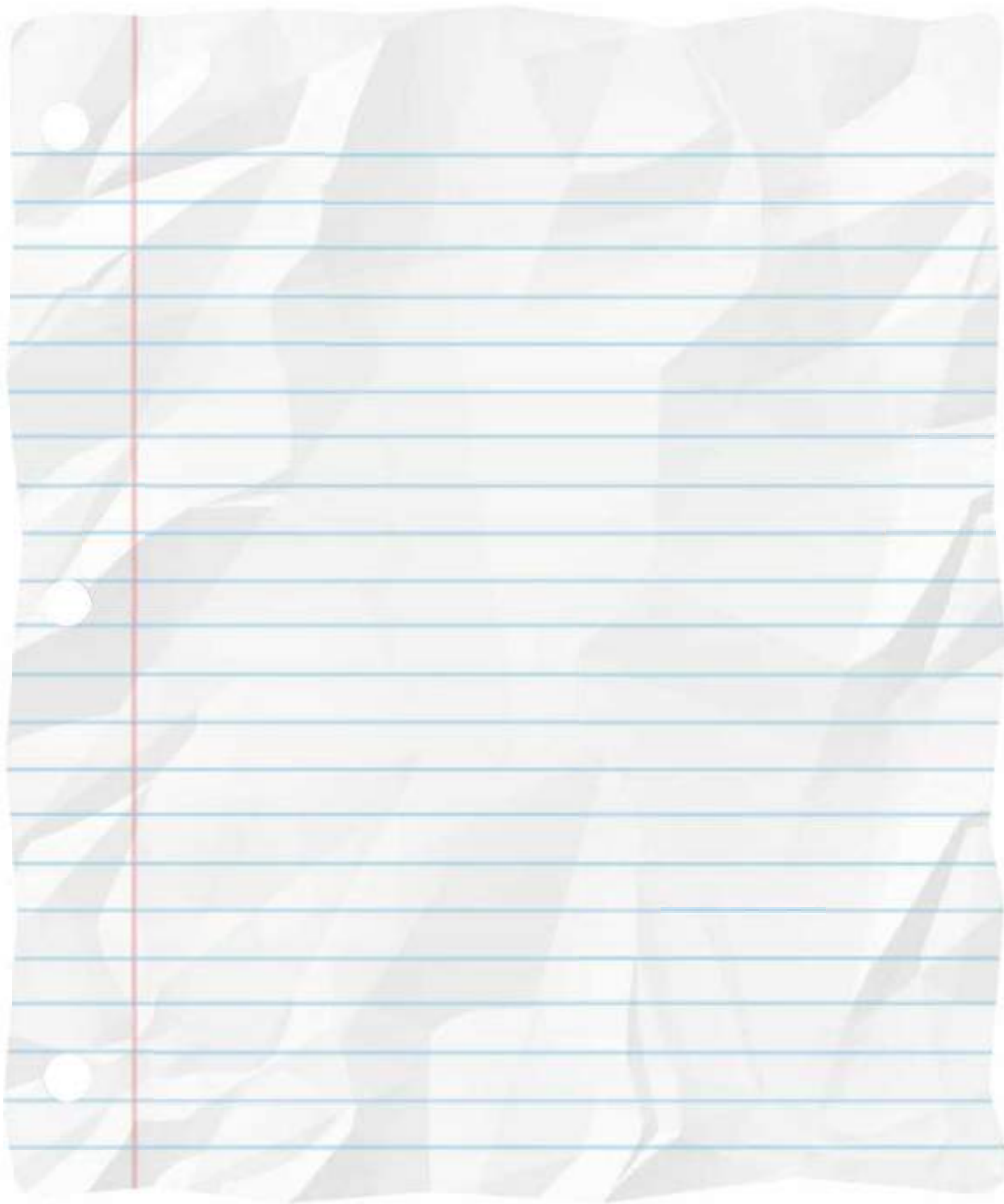


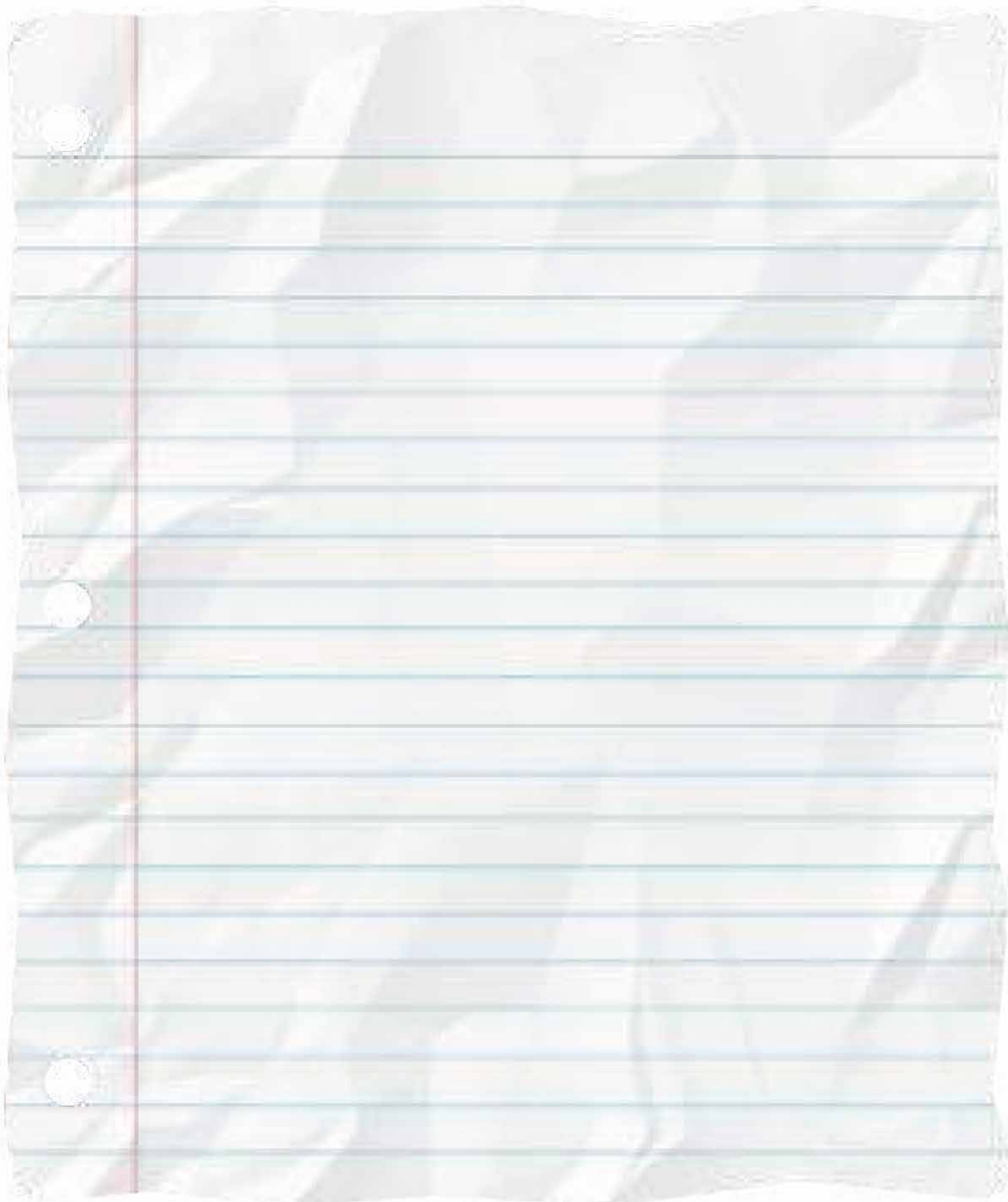


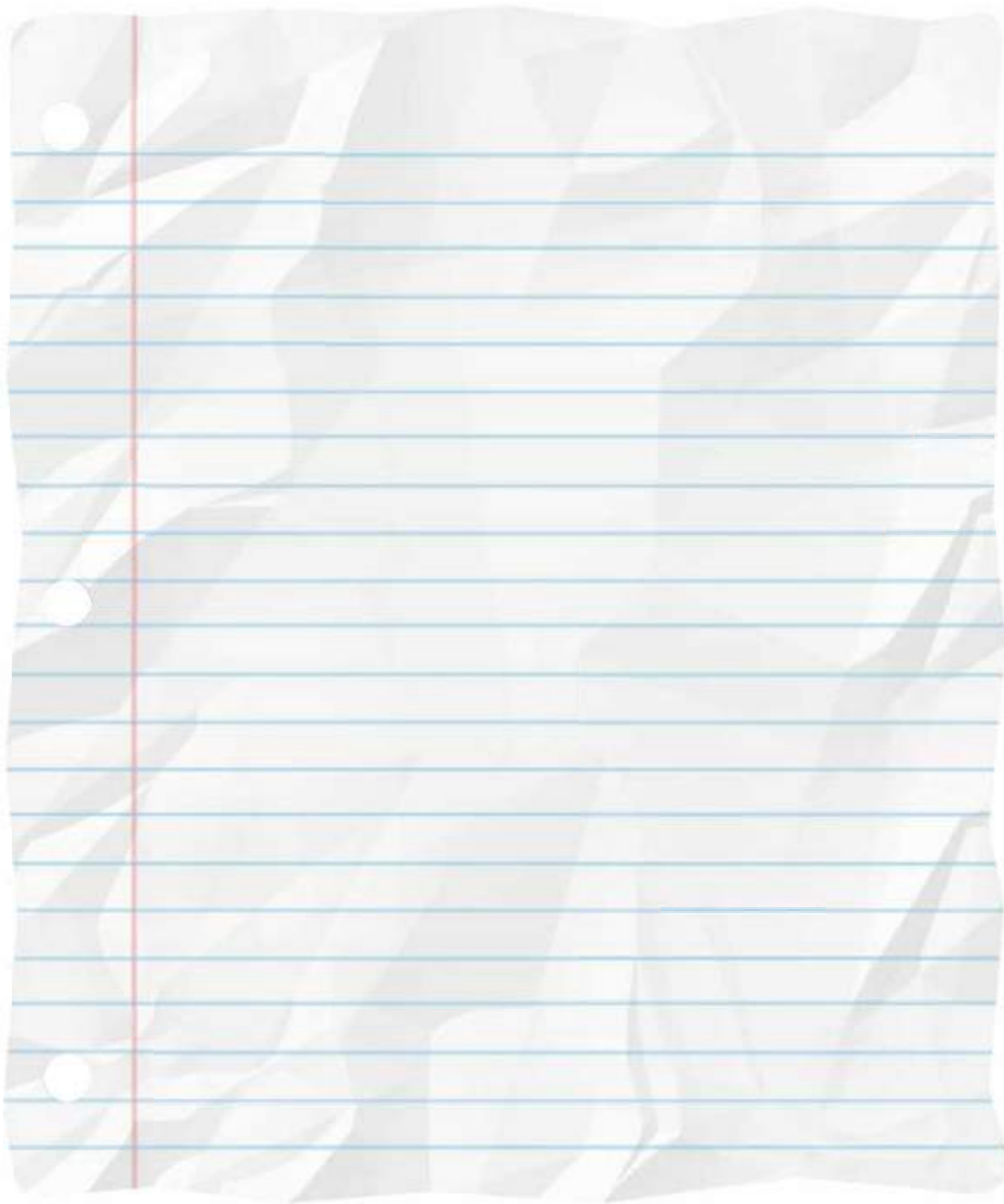












# TABLE OF CONTENTS

*We created this table of contents to give you a general idea of what to expect in case you are uncomfortable with not knowing where the journey is taking you. Above all it is there to allow you to easily find a an activity again you encountered in your travels and you want to go back to.*

*We don't recommend you to use it as a navigation through your travels. You will have the best travelling experience if you let yourself guide through the journey by our travel guides, following the "Continue" buttons.*

# ABOUT THIS JOURNEY

Benefits  
Travel Guide  
Travel Route



*Click on the text  
to get to the  
corresponding chapter*

# TRAVEL PREPARATIONS

Packlist  
Intention Setting  
Trip Planner

## 1. CLEAR ISLAND

*Understanding the Problem*

Meditation: Calling in Guidance  
Reflection: Defining the Problem  
Reflection: Clarify your Inner Landscape  
Communication: Get an Outside Opinion

## 2. MEADOWS OF POSSIBILITIES

*Gathering Possible Responses*

Meditation: Visualising Abundance  
Action: Options Brainstorm  
Reflection: One, the Other, Both, Neither, Everything  
Action: Research the Options



*Get prepared for your trip*



### 3. CANYON NARROWS

*Winnowing the Options*

Reflection: Pros & Cons

Action: Testing

### 4. SOMATIC DUNES

*Ask the body*

Meditation: Mindfulness of the Body

Action: Constellation Work

### 5. LAKE PLACID

*Take a time out*

Take a time out

### 6. MOUNTAINTOPS

*The decision*

Action: Expiry Date

Meditation: Body-Based Knowing for Complicated Decisions

Reflection: Power Questions

### 7. POST-DECISION REFLECTION POOL

*Implement, Assess and Modify*

Reflection: Post Decision Questions

Action: Implement

Reflection: Circling back around after some time has passed

# FINALE

*Looking Back and Forth*

Thank you for Travelling with Innertopia

More Opportunities

Share this Journey

Travel Journal - Personal Notes

# ABOUT INNERTOPIA

*Background, Purpose, Creators and Enablers*

Background of the Project

What is Empowerment and Why does it Matter?

Why did we create Innertopia?

The Innertopia Ecosystem

Who Runs the Travel Agency? Team and Supporters

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