

# Week 7. DANCING THE EVOLUTIONARY EDGE: CREATIVE, JOYOUS DISCOVERY!

## WORKSHEET 1: Co-creative discovery and renewal of family culture



A practical key to engaging co-creative discovery and renewal in your family's midst is to take the following three steps (3-line reminder suggested in week 5 as we spoke of our roles as model, guide and gatekeeper):

1. Replace assumption, expectation and habit with inquiry!
2. Replace habit with conscious choice!
3. Put conscious choice to action!

> **Choose any family given**, be this a tradition, a habit, any kind of regular event that you might like to renew: \_\_\_\_\_

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> **Feel into the freedom** to re-create, to shed, to renew, and to co-create!

> **Replace assumption, expectation and habit with inquiry!** Does it have to be the way it's always been? What works, feels meaningful and satisfying about this, and what doesn't? What would I like to keep and include, or evolve, and what would I like to let go of and transcend?

> **Replace habit with conscious choice!** What do I choose to do differently? How am I going to co-create my family culture afresh?

> **And put conscious choice to action!** And now I take action steps, and bring the new co-creation into reality.