

Gaining a New Insight on your

For more details, visit us at www.buymeacoffee.com/ekcafe

you choose!
day? project?
week?
anything else?

Stage 1 The Setup



01. Laying out your Ingredients

To begin you will layout in front and around you the cards you have already completed before coming to the EK Cafe

02. Interconnecting the Parts

You will then begin to explore and develop some form and relationship between all these 'ingredients' and yourself



03. What you would like to have happen

At the end of Stage 1, you'll have a greater understanding of what you started with and have now developed a sense of 'What you would like to have happen' in relation to this



Stage 2 Exploring Deeper

04. Forces, Flows and Factors

Now we begin to explore the deeper aspects of your intention

- * What is moving you towards it and away from it
- * What is stopping you moving towards and away from it



05. Let's evolve that Intention

We've come a long way and discovered some new information
All of this may enhance and even change what we started with...
so, "What would you like to have happen now?"



Stage 3 The Action Plan

06. Create an Action Plan

Now, with this deeper insight into your task, day or whatever it is that you're working on, you can now set some specific actions that you're going to take



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Stage 0 – before you arrive

- * What would you like to work on today?
Write down at least three things about this, each in a separate box on this page.
- * Then cut along the dotted lines so you have up to 9 separate pieces of paper.
- * Then put these pieces in a pile next to you, ready for use during the EK Café.

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Stage 1 – use in the EK Cafe

- * Before you come to the EK Café please cut along the dotted lines so there are 9 pieces of paper.
- * Then put these pieces in a pile next to you, in number order with the highest at the bottom ready for use during the EK Café.

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What would you like to have happen?

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Stage 2 – use in the EK Cafe

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And knowing that,
what would you like to
have happen now?

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Stage 3 – use in the EK Cafe

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And what do you know now about all of this?

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What is the difference between what you know now and when you started?

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