

Exercise sheet for chapter 3: Distinguish between two types of laws

Analyze man-made rules: Choose a rule or regulation in your life that gives you rigid guidelines (e.g. working hours or dress codes in the office or traditions in the family). Think about how you can change the rule or your behavior to promote your success. Outline three possible solutions in writing.

Identify laws of nature in everyday life: Research three laws of nature online that you encounter every day. Choose those that give you an "aha" moment (e.g. increased inertia due to lack of sleep, leverage through teamwork). Every evening for a week, make a note of how these laws of nature have influenced your day. Think about how you can use them better for your actions and decisions the next day and what you still need to research.

Recognizing emergence in everyday life: Look at a complex challenge in your life (e.g. a professional project or a personal change). Break the challenge down into smaller parts. Think about how you can influence the individual parts to achieve greater success. Tackle the individual steps and write down whether you can make faster progress this way.

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

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