

1. What did you notice about your emerging self, about what is wanting to be born?
2. What did you notice about what is wanting to be born in your context and community?
3. Frustration: What about your current work and life frustrates you the most
4. Happiness: What about your current work and life inspires and energizes you the most?
5. Helicopter I: Watch yourself from above (as if in a helicopter). What are you really trying to make happen? What are you trying to do in this stage of your professional and personal journey?
6. Helicopter II: Now look at the current stage of your company journey: what is it that you as a community of leaders need to let-go, and what do you need to learn?
7. Your young self: Look at your current situation from the viewpoint of you as a young person, at the beginning of your journey: What does that young person have to say to you
8. Footprint: Imagine you could fast-forward to the very last moments of your life, when it is time for you to pass on. Now look back on your life's journey as a whole. What would you want to see at that moment? What footprint do you want to leave behind on the planet?
9. From that future point of view: What advice have you given to your current self?
10. Now return again to the present and crystallize what it is that you want to create: your vision and intention for the next 3-5 years. What future do you want to create? Describe as concretely as possible.
11. What highest future possibility do you sense for u.lab as a global community?

12. Letting-go: What would you have to let go of in order to bring your vision into reality? What is the old stuff that must die? What is the old skin (behaviors, assumptions, etc.) that you need to shed?
  
13. Letting-come: Where do you find the seeds of tomorrow in your context and environment NOW?
  
14. Prototyping: Over the next weeks and months, if you were to prototype a microcosm of the future in which you could discover “the new” by doing something, what would that prototype look like?
  
15. People: Who can help you make your highest future possibilities a reality? Who might be your core helpers and partners?
  
16. Action: If you were to take on the project of bringing your intention into reality, what practical first steps would you take over the next 3 days?