

JOHANNES SÜSS

Your Next Chapter

Seven days for clarity and one practical next step

This workbook invites you to explore a personal question at your own pace. Set aside about 15 to 25 minutes a day. You need no previous experience and do not have to answer every question. Your notes belong to you. You may skip or stop any exercise.

Observe - explore possibilities - choose an experiment - review your experience. "Quantum Alchemy" is a metaphor for personal change, not a claim about physical effects. This workbook supports self-reflection and does not replace psychotherapy or medical treatment.

Your focus for this week:

DAY 1

Where am I right now?

Describe your everyday life before trying to change it. A specific observation is more useful than a sweeping judgement about your life.

Questions for your journal

1. Which particular situation is on my mind?
2. What do I know for sure, and what am I assuming?
3. What would I like to keep because it matters to me?

Your small experiment

Describe an ordinary day in five sentences. Mark one moment you would like to shape differently.

Your notes

EXTRA

Let your ego take the back seat

Recall an everyday situation in which you strongly wanted to be right or defend yourself. "Ego" here refers to that familiar inner voice. You can notice it and still choose deliberately. Self-respect and clear boundaries remain important.

1. What was actually said or done?
2. What story did I add?
3. What was I protecting: recognition, safety or a boundary?
4. Do I want to win, understand or set a boundary?
5. What could a calm, clear response sound like?

You may change direction when your experience suggests it. Keep this journal and read it again after 30 days. Personal online mentoring: worldwide video calls in English or German. Enquiries: jo@future24.eu