

GETTING STARTED WITH LIFE ALCHEMY

# 12 QUESTIONS

to answer as you begin to transform your life!

This is... *Life Alchemy*

*Ginger Carlson* ✨  
THE ART & SCIENCE OF THRIVING IN A DIVIDED WORLD

[www.gingercarlson.com](http://www.gingercarlson.com)

# Are you at a *Crossroads?*

Do you know you need to make changes in your life, but you don't know where to begin? Are you stuck and not sure how to think differently or flexibly or creatively? Are you trying to find your joy again? Or do you simply want MORE from this life you are living?

Sometimes easier said than done, right?

This is your tool to get you started on your own personal Life Alchemy! It's actually so much easier than you think!

The entire Life Alchemy process is built on this very simple formula:

*Awareness + Action = Aliveness*

It all begins with awareness. When you combine that awareness with deliberate action, you are able to think flexibly about your situations and achieve Aliveness.

Let's get started!

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# 4 Dimensions of Life Alchemy



When you are getting started in this soul work, there are 4 Dimensions you must explore and be aware of before you can take action towards your total Aliveness. They are Intention, Integrity, Inspiration, and Innovation.

Use the following pages to ask yourself some pivotal questions around these 4 Dimensions. I encourage you to treat them like a journal and a place where you can come back to as you are making decision and taking action on your journey.

## Intention

Intentionality is what we do on and with purpose. These are the decisions we make for how we will BE in the world, and the deliberatness with which we bring to our actions and interactions.

## Inspiration

To transform, you need inspiration. This includes research, exemplars, best practices, evidence of mastery, spirituality, nature, the beauty you find in your world, inspiring words, images, etc. The possibilities for inspiration are endless.

## Integrity

The values you hold drive everything. Exploring integrity is the process for uncovering your own value system, what's important to you, what bubbles to the surface, what grounds you, and where might there be conflicts.

## Innovation

The creation of something new comes from bringing everything together, and then creating something new, novel, different that CHANGES your previous practices, habits, ways of being in the world. And this is what ultimately leads to a joyful, engaged life.

## DIMENSION 1

# Intention

Intentionality is what we do on and with purpose. These are the decisions we make for how we will BE in the world, and the deliberateness with which we bring to our actions and interactions.



### *Intentionality*

*is only the first course*

*Let's make decisions with a taste of depth.*

*Feel the space of aliveness on our tongues*

*Simmered in an audacious sunset.*

*Ride the line between the two poles*

*What honored company we get to keep.*

*These are the whispers of destiny.*

- Who do I want to be in this world? Make a list of words that describe who you want to BE in the world.

- What does beautiful look and feel like in my life? (Get really clear about what a beautiful and amazing end result looks and feels like for your life)

- What am I trying to control in my life and how might I begin to practice the art of allowing?

## DIMENSION 2

# Integrity

“The true me is a spontaneous burst of emotional truth. -  
*Ginger Carlson*”

The values you hold drive everything. Exploring integrity is the process for uncovering your own value system, what's important to you, what bubbles to the surface, what grounds you, and where might there be conflicts? Really dig into these questions:

- What is most important to me?

- What are the values that ground me?

- What values do I hold that will be the cornerstone of my next steps?

- What I am not willing to let go of?

## DIMENSION 3



*Joy is found in the liminal spaces. It is there where essence of otherness speaks of a privilege far more abundant than being able to appreciate a beautiful view. Hold on and savor that brand of special.*  
-Ginger Carlson

# Inspiration

To transform, you need inspiration. This includes research, exemplars, best practices, evidence of mastery, spirituality, nature, the beauty you find in your world, inspiring words, images, etc. The possibilities for inspiration are endless.

- What are all the models I can use as inspiration?

- Where do I need to look for unique inspiration through this process?

- What unique insights might be available to me when I am open to the listening?

## DIMENSION 4

“Transform yourself to  
transform the world.”  
-Ginger Carlson

# Innovation

The creation of something new comes from bringing everything together, and then creating something new, novel, different that CHANGES your previous practices, habits, ways of being in the world. And this is what ultimately leads to a joyful, engaged life. Ask yourself these questions to get you started:

- What new things could become of me in this process?

- What might I create that has impact way beyond just myself?

You have taken the most important first step in becoming more aware of who you are, what you value, what inspires you, and what you want for your life.

You are a Life Alchemist!

Stay persistent in this journey, and you won't regret it. The muscles you'll build through the process of becoming a Life Alchemist™ are deep and wide. Keep going, and you will learn how to access depth, how to use that depth in how you interact with ideas and the world, how to open yourself to new possibilities, potential, growth, and thriving!

Thank you for taking this step with me.  
Be on the lookout for more tools, stories,  
yumminess, and Life Alchemy tips  
making your inbox happy!

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*Let's yes ourselves all the way  
up and down and around the mountain.*

- Ginger Carlson

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