

**Carl  
Lindeborg**

# **Reflection Workbook**

**Question by Question**

**The  
Authentic  
Shift**

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**Question by Question**

**The  
Authentic  
Shift**

**Books for a Change**

Books by Carl Lindeborg

*Ditt briljanta jag – Skapa livet inifrån och ut*  
[*Your Brilliant Self – Creating Life From the Inside Out*] (2007)

*Modig – Konsten att övervinna sina vardagsrädslor*  
[*Brave – The Art of Overcoming Everyday Fears*] (2009)

*The Authentic Shift – Inner Development for a Changing World* (2023)

*The unexamined life is not worth living.*

SOKRATES



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# The Power of Reflection

WE LIVE IN an age where the natural and spontaneous space for reflection rarely just comes to us. We need to take it. We need to create it. Because making this space within us is essential to be able to navigate well in an accelerating and changing world.

Reflection effectively stops our autopilot and helps us question entrenched patterns when needed. Reflection opens us up to the curiosity of the previously unseen. Reflection is the gateway to the authentic, deeper parts of yourself. It is only when you have reflected on an unexpected opportunity, something difficult or something confusing that new clarity can emerge. It gives you freedom of choice from within. Freedom to choose how you want to be, live and lead.

Good reflection is always permissive. It is a deepening inner activity that takes you beyond right or wrong, good or bad. True reflection cannot be forced. It arises at its own pace at the surface of consciousness when you free up mental space and set the intention to see more clearly. Curiosity, persistence, openness, stillness, and empathy are the keywords.

WHEN I WROTE *The Authentic Shift - Inner Development for a Changing World*, I wanted to create as helpful and practical a guidebook for growth as possible. The aim was to form a process that could be life-changing in a positive way for those who really embrace it.

Having led development programmes for a long time, I know that new perspectives and new inspiration are invaluable when we want to take the next step in our development, but the real leverage comes from self-reflection. This means that if you just read through *The Authentic Shift* from cover to cover, you will have one particular experience. If, instead, you read a piece, pause, reflect and connect the contents to yourself and your life situation, and then continue reading again, you will have a completely different experience. It will be a

deeper and more lasting experience that lays the foundation for an expanded awareness and refined patterns of thought, feeling and action.

In order to make this type of inner processing more accessible and clear, we have created this workbook. Here you will find all the reflection questions in the book, chapter by chapter, key by key, resource by resource. For each question, there is space to write down the reflections that arise within you when you allow the question to stay in your mind for a while. These can be thoughts, feelings, sensations, insights and intentions. This provides a structure for your inner work and it becomes easier to find and come back to previous reflections as you move forward through the book.

If you turn the reflection workbook over, you will find space for 'free flow', that is, free writing from the inside out. Here you can express anything to yourself, just like in a diary – for example, how you feel on a particular day, what you have learnt, what your intention is or what step you are taking next. Maybe you will write a few short lines in the morning, in the evening or on your journey home from work. You can write every day or once in a while when you feel the need to clear your mind.

THE QUALITY OF reflection is influenced by your inner state. So take a few calm breaths before you start your reflection session. Slow down your inner pace and see if you can approach full presence in yourself – full vigilance in the present moment. At the same time, welcome your openness, curiosity and self-compassion.

I wish you many good reflections.

Warmly,

*Carl*

*How do you think a practice of regular reflection can support you?*

## Tools Along the Way

*p. 36-37*

# Introduction

*You can view the journey through and beyond the authentic shift as an adventure through your own inner labyrinth.*

*You first need to move deeper inwards to be able to reach further outwards.*

*How do you relate to the idea that personal development can be seen as a journey of discovery through an inner labyrinth? What experiences of your own come to mind?*

*Now that you have read the introduction, what do you hope to gain from working with this book?*

*Based on the brief description of the nine keys, which ones particularly speak to you right now?*

*To enable lasting results that really make a difference in your life, what do you think is required of the book? What will be required of you?*

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*How can you take advantage of the 'tools along the way' to maximise the chances of learning and growing?*

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## The Way Forward is Inwards

*Choosing evolution means questioning old truths and pro-actively seeking developmental paths that allow us to function and interact on a whole new creative and authentic level.*

*It means avoiding the notorious pitfalls of sub-optimisation and instead thinking and feeling based on the dynamics of the whole.*



The Acceleration Circle

p. 44

*Thinking back to your first job, what was different? What differences can you see in terms of the pace, complexity and flow of information that you had to deal with?*

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*What do you think will happen to the pace, complexity and flow of information around you in the next ten years?*

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*How do you experience the acceleration circle where you are right now in life?*

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*Based on the answers to the above questions, what challenges and opportunities do you see for yourself? Which inner capacities would you like to develop or strengthen?*

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