

# *Living System and Culture of You*

Do you ever think to yourself...

*I really need a change or I'm ready for something more?*

Are you willing to look deep within yourself?

If so, it can be helpful to have a place to learn together, where we build on new concepts and further understand our own complexity.

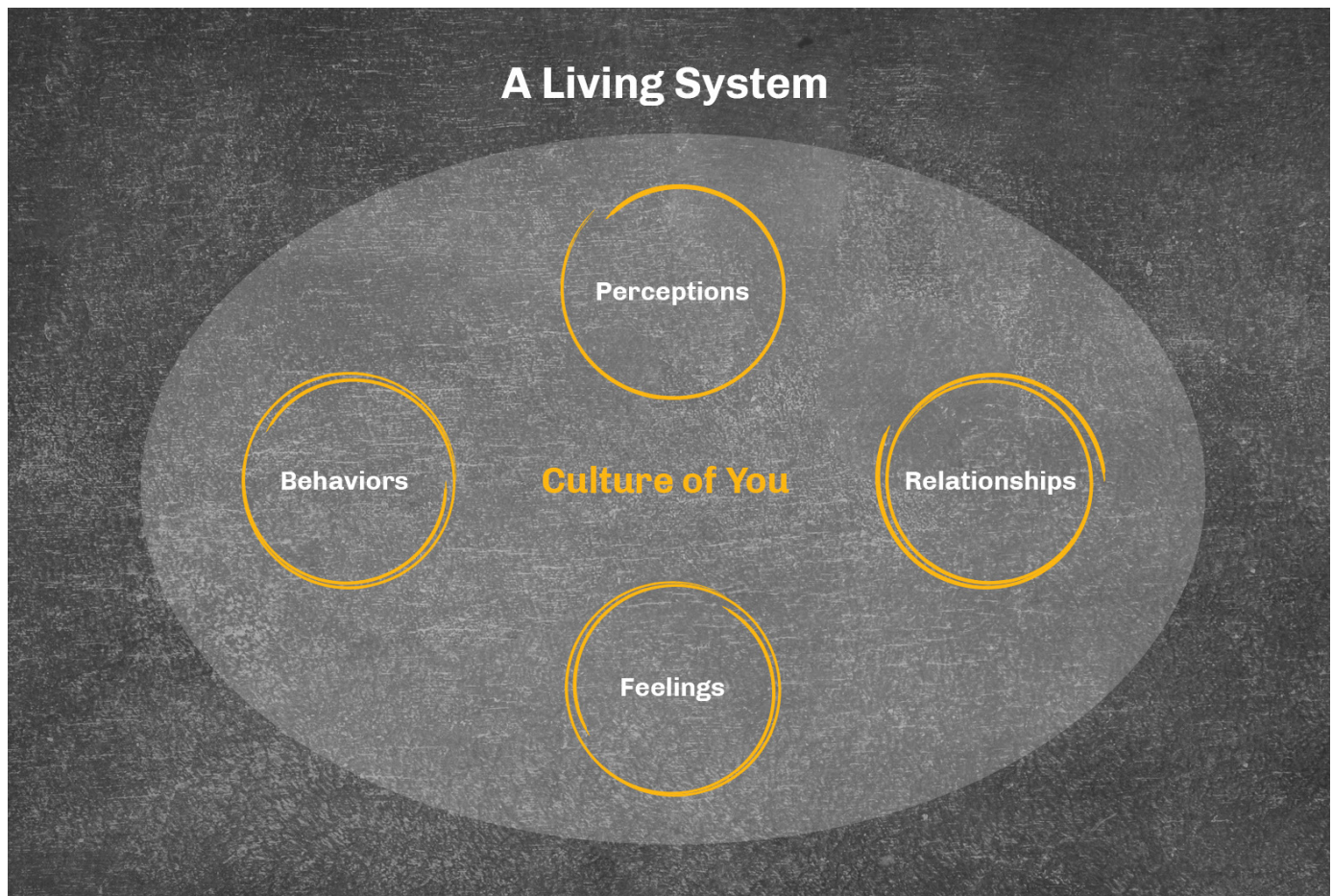
Nwyze is that place where we disrupt our current thinking, reframe our perceptions, and continually rebuild who we are. Let's dive in and open our minds together to learn about a core concept of Nwyze, which is, how you are a Living System with a unique culture within.

And by understanding this about yourself, you can better impact who you are or who you want to be.

So, let's begin...

## *Living System and Culture of You*

We all live in a world of systems, many we relate to every day. Your relationships have their own system, so does your profession, and even your family functions as a system.



But, have you ever thought of *yourself* as a system?

**You are a living-breathing system.** And the most important system of all is the system of YOU.

I want you to imagine Your Living System as a container, which holds your feelings, behaviors, relationships, and perceptions—none of these are static. They change constantly.

Within Your Living System, you have your own, individual culture, called the **Culture of You.**

Most of us have heard of work culture or societal culture, but have you ever wondered what *your* culture is?

Another way to think about it is that your culture is the essence of you. Essence means 'the invariable nature of something.'

## *Living System and Culture of You*

Your culture is how you express yourself within Your Living System, which includes your values, choices, decisions, and behaviors. In other words, it is how you navigate or move through Your Living System; day-by-day, moment by moment.

Both Your Living System and the Culture of You define how the world continuously flows from you and through you.

Now let's explore how Your Living System and the Culture of You interrelate, because this is where you can have the most impact on your life.

Systems have aspects or parts with interdependent relationships. They all interact or impact each other.

Think about a change you've wanted to make in your life for a long time. It can be big or small. Now, imagine for a moment that you make that change tomorrow. **A change in one aspect of your system will impact a change in another.** It can be subtle or obvious, but the important thing is to notice. In the noticing, you gain more agency over how you express who you are, what you value, and begin living more resourcefully.

What does it mean to live more resourcefully?

It means impacting your life in the way you want and living in alignment with who you are.

Whether your system is unfolding as you wish or not, you can change your system or begin a new one through awareness and a shift in your feelings, behaviors, relationships, and perceptions.

If you begin to learn and understand the uniqueness of both Your Living System and the Culture of You, you begin to realize...

***what is so magical about you is...there is something more to you and something more for you. That something more, begins with YOU.***

*You are the ending  
and the beginning  
of that Living System  
and that alone  
carries possibility.*

## Questions to help you Get Unstuck

*Can you hold these questions long enough to spark your **Something More?** To chase your own mystery of truth and meaning, choose a moment for yourself and reflect on these questions. They have the power to *help define your own inner truths* and help you learn what is just beyond what you know of yourself today.*

- ☉ How would you describe what's in Your Living System? Name the feelings, behaviors, relationships, and perceptions that exist within you.
- ☉ Is Your Living System working as you hoped?
- ☉ Does anything feel stuck or need to be changed?

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## Anchor your insights into a purposeful intention

***Expressing** your intention can take you into a deeper sense of purpose and awareness. Choose one of our suggestions or use one of your own. Anchor what you learned and apply what you wrote into a daily action.*

- ☉ Write what you want to remember each day and put it in a place that helps anchor you.
- ☉ Share what you wrote with someone to further deepen and connect your insights and understanding.
- ☉ Choose or create an anchor or reminder that represents Your Living System.