

## In a moment, we will start with GFK-plus. What does it mean and eight questions:

- 1. The decision to GFK-plus.** We are not only interested in spending a pleasant time together. Together we can achieve a lot. With GFK-plus we can remain optimally constructive with all our differences without having to adapt too much.

Question: Do you agree that we try to organize with GFK-plus?
- 2. Find your utopia.** For GFK-plus we need a goal in which you want to participate. GFK-plus serves you to do your thing together with others. For this you need a conscious individual vision, which is called "utopia" in GFK-plus. Through it you come into your energy and power of implementation. We bring our utopias together with GFK-plus, so that individual utopias turn into realistic common visions.

Question: What is your current utopia in the context of our commonality?
- 3. Stand by yourself.** With GFK-plus we organize ourselves beyond right and wrong by accepting each other as human beings and you can simply be as you are. So be yourself, because the others already exist and besides, it doesn't cost you useless energy. If someone else is having trouble with you, listen carefully to what that person needs. It's not really about you, but about them and their issues. Maybe you can contribute to making things easier for her. If you can't or don't want to contribute, then just accept that.

Question: Are you ready to accept yourself as you are and to contribute and shape yourself with your uniqueness?
- 4. Decide in favor of togetherness.** We meet beyond sympathetic and unsympathetic, so that we can bring in and network our different potentials, experiences and perspectives openly and trustingly. We will explore with GFK-plus to what extent we can already work together in a self-organized way and in this respect we will also constantly improve ourselves.

Question: Are you ready for a constructive interaction beyond sympathetic and unsympathetic?
- 5. Decide on your contribution.** You are bound to a group or a team only within the framework of your concessions and responsibilities. You are free to make concessions and take on responsibilities or to give them back in a mindful and responsible way.

Question: Are you ready to make the commitment you made?
- 6. Choose to become integrated.** An organic group or team together forms a system that functions like a meta-organism. Through your interactive sensitivity, you sense the others and also the living whole that you meaningfully form together.

Question: Are you ready to experience yourself both as an individual and as part of a meaningful whole?
- 7. Decide to communicate.** The limits of communication are always the limits of commonality. Make yourself visible. Pay attention to your inner impulses, your questions and your answers. Only you can know within self-organization when it is time to step forward and influence and when it is time to step back so others can influence. Trust your inner voice insofar as you are sensitively connected to the whole.

Question: Are you ready to go forward and also back again according to your sensitivity ?
- 8. Decide for the mindful togetherness.** Every person and every commonality has inner and outer limits. It makes sense to accept these because they are already effective. Do not create additional boundaries, but instead optimize the common alignment, assignments and understanding in togetherness. Refrain from dominance and rely on your natural power. Even more important than GFK-plus, bring in enough warmth and caring to keep us from constantly losing ourselves in the struggle for good results.

Question: Are you ready to navigate with us mindfully toward our vision?