Evolving Economic & Political Systems for Earth with Doughnut Economics

A fun colearning group seeking to understand tools for new economic and political systems for Earth
CO-LEARNING

This group is designed to be an intellectual learning experience, giving us a chance to learn about these topics. We will try using this format to facilitate our colearning.
OUR MONTHLY FORMAT

• One-minute Introductions
• Two-minute Team Updates
• Ten-minute Topic for the Month presented by a group member
• Forty five-minute Creative Discussion and Fun 😊

EXAMPLE OF A ONE-MINUTE INTRODUCTION

• Name: My name is Sanford (Sandy) Hinden.
• Location: I live 40 miles east of Manhattan on Long Island, USA.
• Work / Projects: I provide programs, and facilitate groups and projects, for personal development, meaningful relationships, communication, and global transformation.
• Interests: I enjoy positive humor, authentic people, creativity and helping people and the world.
Cascading crises are extreme events, in which cascading effects increase in progression over time and generate unexpected secondary events of strong impact.
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## New Solutions

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<td>Julie</td>
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<tr>
<td>Bioregeneration</td>
<td>Julie</td>
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<td>Sandy</td>
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<tr>
<td>Character Development</td>
<td>Sandy</td>
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</table>
1. Identify your topic preference in the Chat section on Zoom.
2. Each month, as needed, provide a two-minute team update on your topic.
3. Each month, one team reports for 10 minutes on one of the topics.
4. We will be enriching each other through this shared research and reporting.

PRESENTATION TIP
In doing presentations, to lower any tension I may have, I remember to keep in mind it is not about me.
I need to get out of my own way, between the information I have in my head and written, and conveying that information to the listeners, who need that information.

The information ➔ Me the conveyor ➔ Listeners who need it

So, don’t be concerned about you, and how you are doing. You are very important, because you are the repository and vehicle for sharing the important information with others – who need it to live better lives. You are greatly appreciated.
Political Tools

Democracy Awareness
Spiral Dynamics
Conflict Resolution
Global Peacemaking
Public Assemblies
Sociocracy
Effective Activism & Wellness
Global Disarmament & Demilitarization
Effective, Efficient, Efficacious Leaders & Government
Democracy Awareness
Spiral Dynamics
Spiral Dynamics states that human nature is not fixed.

Humans are able, when forced by circumstances, to adapt to their environment by constructing new, more complex, conceptual models of the world that allow them to handle the new problems.

Each new model includes and transcends all previous models.

These conceptual models are organized around core values or collective intelligences, applicable to both individuals and entire cultures.
<table>
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<tr>
<th>Spiral Dynamics</th>
<th>Focus</th>
<th>Values / Needs</th>
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<tr>
<td>TURQUOISE</td>
<td>Universal Holistic Life Support</td>
<td>Global Regeneration, Harmony for All &amp; Nature</td>
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<tr>
<td>YELLOW</td>
<td>Integrator Systemic</td>
<td>Learning, Synergy, Changes to Meet Needs</td>
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<tr>
<td>GREEN</td>
<td>Community Ecological</td>
<td>Peace, Love, Fairness, Justice, Sustainability</td>
</tr>
<tr>
<td>ORANGE</td>
<td>Achievement</td>
<td>Competitive, Entrepreneur, Success</td>
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<tr>
<td>BLUE</td>
<td>Order Authoritarian</td>
<td>Structure Discipline, Rules</td>
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<tr>
<td>RED</td>
<td>Power</td>
<td>Winning, Dominance Exploitive, Enslaving</td>
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<tr>
<td>PURPLE</td>
<td>Magical Animism</td>
<td>Tribal, Security, Kinship to Belong</td>
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<tr>
<td>BEIGE</td>
<td>Survival Instinctive</td>
<td>Air, Temperature, Climate, Food, Water, Shelter</td>
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</table>
Throughout history, most humans were not well-educated. Most people were probably self-centered, some caring about their families, many were competitive to protect themselves and survive. For thousands of years, it was a cruel world with dominators, invaders, conquerors, enslavers and exploiters. Then there was feudalism and poverty for most people. The U.S. was based on exploitation of the native people and imported slaves. It has been a cruel world for many over these thousands of years. We are still seeing a world of dominators and the dominated, exploiters and the exploited. Politics has become hyper-competitive, with disinformation campaigns on social media, political lying, voting suppression and voting district rigging to ensure the protection of political, social and economic interests. In a world of hypersonic nuclear weapons, it is becoming clear that without peace, we will not survive the climate emergency because violence, conflict and war take up our resources, as well as our attention and focus, while business damages land, water and air, spewing greenhouse gases into the atmosphere. National political and geo-political systems, and economic and business systems, were created with lower levels of consciousness.
• We need to understand how to create peace and collaboration for a better world, for humanity and nature.
• We need to evolve new conscious economic and political systems to create a sustainable, flourishing world for all and nature.
• We support Doughnut Economics as a conscious, evolutionary model.
Conflict Resolution
Caring, respectful connection to clarify each other’s real needs

Creative conversation for strategies to meet both sides’ needs

Win-win solutions

Everyone’s needs met

See more at www.cnvc.org
Nonviolent Compassionate Communication

1. **Observation**
   I see, hear, notice...

2. **Feelings**
   I feel...

3. **Values and Needs**
   Because I value...
   I need...

4. **Reasonable Request**
   Would you be willing to...?
How-To: Basic Empathy Circle

In a Circle of 3 to 5 Participants

1. The first person selects who they will speak to; they speak about whatever comes up for them for a set time (typically 3-5 min);

2. The listener reflects back what they are hearing until the speaker feels heard and understood to their satisfaction.

3. Then it is the listener’s turn to select who they will speak to and for that new listener to reflect back what they are hearing.

4. Everyone helps hold the circle process by monitoring & sticking to the steps.

5. The dialog continues around the circle like this for the time allotted.

Speaker Tips
- Pause often, to give the listener a chance to reflect what they heard.
- When you are done talking, and you feel heard, you can say “I’m fully heard” to indicate that you are done with your turn.

Active Listener/Reflector
- In your own words, reflect back the essence of what you hear the speaker saying.
- Refrain from asking questions, judging, analyzing, detaching, diagnosing, advising or sympathizing. When it’s your turn to speak, you can say anything you want.
- You may ask the speaker to pause periodically so you can reflect what you heard.

Silent Listeners
- Listen and be present to the exchange between the speaker and active listener/reflecto. You will soon have a turn to actively listen and speak.
- The group may choose to have a discussion topic or question to address in the circle.
- To learn more about empathy skills visit www.CultureOfEmpathy.com
What we value and seek may come from our needs.

**Physical Needs**
- Air, water, food, shelter, sleep, clothing, pleasure, reproduction

**Safety Needs**
- Personal security, employment, resources, health, peace

**Love & Belonging Needs**
- Friendship, intimacy, family, a sense of connection, compassion, community

**Esteem Needs**
- Self-respect, self-esteem, respect from others, appreciation

**Self-Actualization Needs**
- Purposeful effort to develop and use one’s talents and potentials
- Freedom, Meaning, Purpose, Direction, Creativity, Intellectual & Aesthetic Fulfillment

**Transcendence & Generative Needs**
- Oneness with Creation-Universe, Sun, Earth, Ancestors, Future Generations, Care for Earth & the Whole

NEEDS HIERARCHY

- Oneness with Creation-Universe, Sun, Earth, Ancestors, Future Generations, Care for Earth & the Whole
- Freedom, Meaning, Purpose, Direction, Creativity, Intellectual & Aesthetic Fulfillment
- Self-respect, self-esteem, respect from others, appreciation
- Friendship, intimacy, family, a sense of connection, compassion, community
- Personal security, employment, resources, health, peace
- Air, water, food, shelter, sleep, clothing, pleasure, reproduction
- What we value and seek may come from our needs.
Global Peacemaking
Citizen Assemblies
Sociocracy

Contributions by:
Aman Walia
Sociocracy is useful in larger, long-term groups making numerous democratic decisions.
Sociocracy upholds two fundamental principles

1. Organisational effectiveness, i.e. realising the organisation’s aim and purpose effectively and efficiently

2. Equivalence/equality between organisational members, honouring everyone’s voice. No-one is silenced, no-one is ignored, no-one is oppressed, no-one holds power over another.

   In sociocracy there is safe, protected time for everyone to speak and to have their voice respected and their views considered.
Foundations of Sociocracy

Sociocracy

- Steering toward the aim...
- Decision making by consent
- Organizational structure by linked circles
- Continuous evolution by feedback

Effective Egalitarian
Roles:

- Facilitator
- Coordinator
- Representative
- Archiver
Sociocracy serves and realises these principles through three key features

1. **Decision-making by consent**, as opposed to autocracy, hierarchical authority, majority voting and consensus;

2. **Working groups / organisational units / departments are organised in circles**. Separate circles are organised in a fractal-like, nested hierarchy. **This is a hierarchy of domains of authority and not of power, control or coercion.** Each circle is linked to the circles next to it [i.e. to its super-circle (or parent circle) and to its sub-circle(s) through a double link].

3. **Feedback** is an integral principle of all organisational activities and roles at all levels.
Consent Decision Making

1 Present and Consent to Driver
   "Relevant for us to respond to?"
   "Described clearly enough?"

2 Present Proposal

3 Clarifying Questions?
   "Do you understand the proposal as it's written?"
   Avoid "why" questions. Focus on "what do you mean?"

4 Brief Response
   "What are your thoughts and feelings about the proposal?"
   Use rounds!

5 Any Objections?
   You can use hand signs to show your response simultaneously.
   I have a concern
   I have no objection
   I think I have an objection

6 Resolve Objections
   ...one at a time.
   Integrate information and wisdom to improve the proposal, until there are no more objections.

7 CELEBRATE!
   You just made an agreement!

8 Consider Concerns
   If there is time, listen to concerns.
   They may inform ways to improve the agreement, or at least record them as evaluation criteria.
Effective Activism & Wellness
Seven Tips for Being Active & Well

1. Practice wellness with food, exercise, meditation, rest, healthy fun and good humor.
2. Gain awareness and be non-attached to the ideas.
3. Be compassionate with yourself, others and Earth.
4. Do what you can to make the world better.
5. Be non-attached to the outcomes.
6. Learn from the process, gaining wisdom day-by-day.
7. Each day, clear your mind, returning to inner-peace, love and wellness.
Mindfulness is just **gently noticing** the flow of your thoughts, emotions and sensations... and what is going on around you... **and not being attached to them**
CORTISOL is a stress hormone activated from life conflicts or media. It can cause you to eat after watching conflict media because the body thinks it was in a fight. Here are ways to reduce cortisol and stress, and increase positivity, serenity, wellness and happiness each day...

**INCREASE OUR HAPPINESS HORMONES EVERY DAY**

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<tr>
<th>Dopamine</th>
<th>Oxytocin</th>
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<tr>
<td><strong>THE REWARD HORMONE</strong></td>
<td><strong>THE LOVE HORMONE</strong></td>
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<tr>
<td>• Completing a task</td>
<td>• Playing with a dog or cat</td>
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<tr>
<td>• Doing self care activities</td>
<td>• Playing with a baby</td>
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<tr>
<td>• Eating protein</td>
<td>• Holding hands</td>
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<tr>
<td>• Celebrating little wins</td>
<td>• Hugging family or friends</td>
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<tr>
<td>• Listen to peaceful music</td>
<td>• Giving a compliment</td>
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<thead>
<tr>
<th>Serotonin</th>
<th>Endorphin</th>
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<td><strong>THE MOOD STABILIZER</strong></td>
<td><strong>THE PAIN KILLER</strong></td>
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<tr>
<td>• Meditation</td>
<td>• Laughter</td>
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<td>• Running</td>
<td>• Exercise</td>
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<tr>
<td>• Sun exposure</td>
<td>• Essential oils</td>
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<tr>
<td>• Walking in nature</td>
<td>• Watching a comedy</td>
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<tr>
<td>• Swimming, cycling</td>
<td>• Dark chocolate</td>
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</table>
Global Disarmament & Demilitarization
1. The military, industrial, espionage, police, prison conglomeration is like a 5-headed monster that keeps absorbing more and more resources worldwide.

2. High-tech massive surveillance systems, hypersonic nuclear weapons, A.I. autonomous killing machines, laser and microwave weapons threaten human freedom and survival.

3. All permanent Security Council members, and many other nations profit from selling massive amounts of weapons each year.

4. The violence that follows world weapons proliferation and corruption leads to global migration, which furthers reactionary right-wing fascist politicians and fascist movements developing in Europe and the United States.

5. Lack of cooperation of the superpowers in the United Nations to address global corruption has led to an increase in organized crime worldwide, in sports, hacking, cryptocurrency crime, money laundering, tax-evasion, drugs, sex-trafficking and weapons-trafficking.

"Crime has internationalized faster than law enforcement and world governance..."
Antonio Maria Costa, Executive Director, United Nations Office on Drugs and Crime (UNODC)

6. We need Global Disarmament & Demilitarization to reduce spending on weapons, the military, espionage and surveillance systems by 10% a year, and increase spending on Doughnut Economics to manage Human & Social Needs in balance with Earth’s Needs.
Mutually Assured Survival

Gradual Global Disarmament & Demilitarization through 10% Military Expenditure Reduction Each Year

Investments in Human Needs
- Water, Food, Energy
- Health, Housing, Education
- Income & work
- Political voice
- Networks
- Peace & justice
- Gender equality
- Social equity

Investments in Earth’s Needs
- remediation of Climate change
- Ocean acidification
- Chemical pollution
- Nitrogen & phosphorus loading
- Freshwater withdrawals
- Land conversion, Biodiversity loss
- Air pollution, Ozone layer depletion
M.A.D. or M.A.S.

IT’S OUR CHOICE. WHICH IS IT?

Mutually Assured Destruction
which destroys
everyone and everything
... including Ukraine and Russia

Mutually Assured Survival
which safeguards
everyone and everything
... including Ukraine and Russia

SHOCKING PHOTO SHOWS
THE DEVASTATION
NUCLEAR WAR WOULD CAUSE

SHOCKING PHOTO SHOWS
THE BEAUTY
WORLD PEACE WOULD CAUSE
An Organized System for People to Work Together to Improve Functioning of Leaders & Governments

1. The world has so many problems.
2. Social media systems don’t seem to help create solutions.
3. The people in power don’t work on solutions to the dysfunctional system.
4. It is left to the people to change the systems.
5. Yet, most people and organizations don’t collaborate to work together powerfully.
6. There are many people and groups just complaining.
7. There is no organized system for people to work together to improve the functioning of leaders and governments.
8. We need to create an organized system for people to work together to improve the functioning of leaders and governments.
9. Identification → Education → Action
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<tr>
<th><strong>Unevolved Leaders</strong></th>
<th><strong>Evolved Leaders</strong></th>
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<tbody>
<tr>
<td>Liar, Dishonest</td>
<td>Authentic, Honest</td>
</tr>
<tr>
<td>Closed, Narrow Minded</td>
<td>Open Minded, Long-Term, Future Oriented</td>
</tr>
<tr>
<td>Willful, Arrogant, Ignorant</td>
<td>Intelligent, Wise</td>
</tr>
<tr>
<td>Selfish, Self-Aggrandizing</td>
<td>Thoughtful, Considerate of All</td>
</tr>
<tr>
<td>Bullying, Cruel, Harsh, Hateful</td>
<td>Empathetic, Compassionate, Kind</td>
</tr>
<tr>
<td>Ineffective Speaker</td>
<td>Persuasive Speaker</td>
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Effective, Efficient, Efficacious Governance

It is possible to be efficient and effective and not efficacious by reaching the wrong goals.

<table>
<thead>
<tr>
<th>EFFICIENT</th>
<th>• Efficiency is spending resources well.</th>
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<tbody>
<tr>
<td>EFFECTIVE</td>
<td>• Effectiveness is reaching the set goals.</td>
</tr>
<tr>
<td>EFFICACIOUS</td>
<td>• Efficacy is reaching the right goals.</td>
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### Effective, Efficient, Efficacious Governance

| **Openness & Transparency** | • Transparency is the principle of allowing those affected by administrative decisions to know about results, and the process that led to decisions.  
• Government officials act openly, with citizens' knowledge of the decisions the officials are making. |
| **Integrity** | • To keep the public sector working, processes, officials and workers cannot be bribed, bought, swayed, coerced, or made to do something that does not adhere to the highest standards. |
| **Ethics** | • Effective, accountable government requires elected officials and public employees put the public interest above special interests, and act within ethical guidelines. |
| **Accountability** | • In proactive government, there is an obligation and willingness to accept responsibility for one's actions.  
• There is disclosure of timely, useful public information, that empowers citizen action, and helps individuals and organizations effect positive change in their communities. |
| **Standards & Safeguards** | • Through commonsense high standards and safeguards, effective government protects the health, safety, and prosperity of its populace.  
• They are revised to conform to the most up-to-date scientific evidence, adopted in a timely manner, and broadly and effectively enforced.  
• They ensure the quality of air and water, and the safety of food, drugs, consumer products and workers. |
| **Efficacy is Spending on Right National Priorities** | • Efficacious government invests in its people, safeguards the environment, advances opportunities for shared prosperity, and raises revenues needed to support public structures.  
• There is transparency in and oversight of federal spending, and long-term investments in public infrastructure and services, ensuring every person enjoys a decent quality of life, and has opportunity to succeed. |
ECONOMIC TOOLS

- Fair Trade
- B Corporations
- Worker-Owned Cooperatives
- Steady-State Economics
- Circular Economy
- Doughnut Economics
- Peace Economies
- Complementary Community Currencies
- Wellbeing Economics
- Earth Wealth, Emissions, Investing, Impact Global
- Carbon Extraction Quota
Fair Trade
B Corporations
Worker-Owned Cooperatives
Steady-State Economics
Circular Economy
Doughnut Economics
Doughnut Economics is based on:


- **EARTH NEEDS** concern for remediation of Climate change, Ocean acidification, Chemical pollution, Nitrogen & phosphorus loading, Freshwater withdrawals, Land conversion, Biodiversity loss, Air pollution, and Ozone layer depletion.
Peace Economies
Complementary Community Currencies
Earth Wealth & Emissions
Earth Investing
Impact Investing
1. Growing wealth often activates human egoism, that then drives the wealthy to seek more and more, bigger and bigger yachts and palaces, more and more luxury goods and travel.

2. The superrich then hide their money in tax-havens.

3. They can now avoid financial sanctions in cryptocurrencies.

4. Cryptocurrencies are the latest financial speculation vehicle, this time burning-up the planet in electricity using blockchain transactions, that investors ignore.

5. Half of the world's net wealth belongs to the top 1%.

6. The top 10% hold 85% of world wealth.

7. The top 30% hold 97% of total wealth.

8. The bottom 70% hold the remaining 3% of the world's total wealth.

9. In 2010, the most affluent 10% of households emitted 34% of global CO2, while the 50% in lower income brackets accounted for just 15%.

10. By 2015, the richest 10% were responsible for 49% of emissions compared to 7% produced by the poorest half of the world's population.
What Is ESG Investing?
ESG stands for Environmental, Social, and Governance

1. Investors are increasingly applying these non-financial factors as part of their analysis process to identify material risks and growth opportunities.

2. ESG metrics are not commonly part of mandatory financial reporting, though companies are increasingly making disclosures in their annual report or in a standalone sustainability report.

3. Numerous institutions are working to form standards and define materiality to facilitate incorporation of these factors into the investment process.
   
   • Value Reporting Foundation
   • Sustainability Accounting Standards Board (SASB)
   • Global Reporting Initiative (GRI)
   • Task Force on Climate-related Financial Disclosures (TCFD)
   • Certificate in ESG Investing
What Is impact Investing?

1. Impact investing is a general investment strategy that seeks to generate financial returns while also creating a positive social or environmental impact.

2. Investors who follow impact investing consider a company's commitment to corporate social responsibility or the duty to positively serve society as a whole.

• Global Impact Investing Network
Global Carbon Extraction Quota
NEW SOLUTIONS

Regeneration
Bioregeneration
Biomimicry
Alternative Energy
Social & Global Justice
Housing
Creative Solution Finding
Character Development
Regeneration
Maturation of A Global Civilization

**Childhood**
- Birth of a Civilization
  - Pre-Industrialization
  - Nature in Balance
  - Earth Wisdom

**Adolescence**
- Growth of a Civilization
  - Using the Planet’s Carbon Resources to Fuel Industrialization
  - Climate Change
  - Denial of Climate Change
  - Climate Destruction
  - Autonomous Killing Machines
  - Destroy Democracy & Civilization

**Maturity**
- Conscious & Mature
  - Developing Greater Character, Compassion, Wisdom and Ethics
- Developing a Sustainable Civilization

**Living in Balance with Nature**

**Economics of Growth, Die-off, Extinction**

**Sustainable Economics**
Expanding Empathy, Compassion, Concern, Care & Regenerativity
1. When we are not well, it is more difficult to care about others.

2. We may disregard and disrespect ourselves and others.

3. We never reflect on “How much is enough?”

4. We may not seek to improve our character, habits, thinking, skills and relationships.

5. We may seek more and more, and not contribute to the wellbeing of others, Earth and future generations.
When we are well, we can care about others.

We can reflect on, “How much is enough?”

We can then live more simply, so others may live.

We can then contribute to the wellbeing of others, Earth and future generations.

When we are well, we can colearn, collaborate and cocreate with others to develop new inventions, innovations and systems to support each other and Earth.
Bioregeneration
Biomimicry
Alternative Energy
Social & Global Justice
Social Justice includes race, indigeneity, socioeconomic status, gender, gender identity, sexual orientation, age, (dis)ability, spirituality, immigration/refugee status, language, and education.
1. All permanent Security Council members, and many other nations profit from selling massive amounts of weapons each year.

2. The violence that follows world weapons proliferation and corruption leads to global migration, which furthers reactionary right-wing fascist politicians and fascist movements developing in Europe and the United States.

3. Lack of cooperation of the superpowers in the United Nations to address global corruption has led to an increase in organized crime worldwide, in sports, hacking, cryptocurrency crime, money laundering, tax-evasion, drugs, sex-trafficking and weapons-trafficking.

"Crime has internationalized faster than law enforcement and world governance..."

Antonio Maria Costa, Executive Director,
United Nations Office on Drugs and Crime (UNODC)

*The Globalization of Crime: A Transnational Organized Crime Threat Assessment*
Gangs Worldwide
Lack of Guidance, Values, Mentors, Education, Employment, Healthy Families, Healthy Communities

Gangs Worldwide

Benefits
- Sense of identity
- Sense of belonging, family, community
- Protection against other gangs
- Adventure, intensity
- Sense of spirituality, group ritual
- Money

Consequences
- Dropping out of school
- Teen parenthood
- Unemployment
- Victimization
- Drug, alcohol, sexual abuse
- Petty and violent crimes
- Juvenile conviction and incarceration
- Being harmed or killed
Global Crime, Corruption & Violence

Global Migration

European Reactionary Movements

United States Reactionary Movements
- Government Corruption of Officials, Military & Police
- Organized Crime
- Gangs
- Terrorism
- War
- Civil War
- Violence
- Joblessness
- Lack of Sustainable Economies
- Climate Disruption

Global Migration

Rise of Hate & Reactionary Politics Worldwide
Migrating for Peace & Work
Housing
Creative Solution Finding
Identify the problem
Envision success
Develop a Plan of Action
Take Action
Get Feedback
Collect the Data
Analyze the Data
Form Conclusions
Learn from the Action
Adjust the Theory
Identify the Next Steps
Begin Again

Report Findings and Results

Action Research
Learn about each other

Co-learning Community & Design
Collaborative, cocreative, peer-to-peer learning through action research & design

1. CLARIFY
   - Define your goal
   - Question assumptions
   - Frame your P.O.V.
   - Share your findings
   - Observe and interview
   - Learn about each other
   - Listen

2. EMPATHIZE
   - Gather learnings
   - Think big, act small, fail fast, keep learning
   - Gather feedback
   - Refine

3. IDEATE
   - Experiment
   - Iterate and scale
   - Gather learnings
   - Evaluate
   - User testing and surveys
   - Frame your P.O.V.

4. PROTOTYPE
   - Brainstorm and select
   - Cocrate with team members
   - Come up with many solutions
   - Ask questions

5. TEST
   - Think big, act small, fail fast, keep learning
   - Gather feedback
   - Refine
   - Learn from experiments and users

6. Evaluate
Character Development
## Character Development

<table>
<thead>
<tr>
<th>Dysfunctional</th>
<th>Growth &amp; Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Win-Lose, Hyper-Competitive, Cold, Cunning, Uncaring</td>
<td>Win-Win, Emotional &amp; Social Intelligence, Caring, Compassionate, Collaborative</td>
</tr>
<tr>
<td>Egotistical, Self-Centered, Selfish, Greedy, Malevolent</td>
<td>Unselfish, Helpful, Giving, Benevolent</td>
</tr>
<tr>
<td>Intellectual Bias, Intellectual Arrogance, Irrational, Delusional, Stubborn</td>
<td>Intellectual Curiosity, Intellectual Humility, Rational, Reasonable, Learning</td>
</tr>
<tr>
<td>Closed, Habitual, Stubborn, Inflexible, Rigid, Controlling</td>
<td>Open, Exploring, Adaptive, Creative, Inventive, Innovative</td>
</tr>
<tr>
<td>Negative, Judgmental, Harmful, Destructive, Out-of-Control</td>
<td>Self-Regulating, Constructive Optimistic, Grateful, Appreciative</td>
</tr>
<tr>
<td>Inauthentic, Pretending, Deceptive, Disingenuous, Manipulative</td>
<td>Integrity, Authenticity, Being Real, Sincere, Genuine</td>
</tr>
<tr>
<td>Uncommunicative, Withholding, Over-communicative, Confusing</td>
<td>Meaningful Communication, Listening for Feelings and Needs</td>
</tr>
<tr>
<td>Dis-integrating People, Communities, Counties, Planet</td>
<td>Thriving, Flourishing People, Communities, Countries, Planet</td>
</tr>
</tbody>
</table>
The Johari Window is a technique that helps people better understand their relationship with themselves and others. It was created by psychologists Joseph Luft (1916–2014) and Harrington Ingham (1916–1995) in 1955. It is used in self-help groups and corporate settings as a self-discovery exercise.

The Johari Window helps us understand ourselves and others.

We can grow in different areas through:

1. Asking for feedback
2. Self-disclosure, sharing experiences, feelings, values and needs
3. Receiving feedback, self-reflection, self-discovery
4. Intimacy = In to Me You See

As the Blind, Hidden and Unknown areas are reduced, the Public-Open area expands.

Intimacy = In to Me You See
# Character Traits & Relationships

<table>
<thead>
<tr>
<th><strong>Rigid Controlling</strong></th>
<th><strong>Creative Flow</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Absorbed, Self-Centered, Arrogant</td>
<td>Genuine, Friendly, Humble</td>
</tr>
<tr>
<td>Uncaring, Competitive</td>
<td>Caring, Collaborative</td>
</tr>
<tr>
<td>Shut-down, Cool, Cold, Zombie</td>
<td>Open, Warm, Fun 😊</td>
</tr>
<tr>
<td>Fear, Intimidation</td>
<td>Mindful, Wellness, Courage</td>
</tr>
<tr>
<td>Inauthentic, Hides, Pretends, Withholds</td>
<td>Expresses Authentic Feelings &amp; Needs</td>
</tr>
<tr>
<td>Ghosting, Uncommunicative, Disappears</td>
<td>Responsive, Present, Communicative</td>
</tr>
<tr>
<td>No Feedback, Defensive</td>
<td>Gives &amp; Receives Constructive Feedback</td>
</tr>
<tr>
<td>Not Committed, Doesn’t Complete Tasks</td>
<td>Follows-Through to Completion</td>
</tr>
<tr>
<td>Self-Serving, Tricks, Lies</td>
<td>Sincere Contribution to Life &amp; Others</td>
</tr>
</tbody>
</table>
In narratology and comparative mythology, the hero’s journey, or the monomyth, is the common template of stories that involve a hero who goes on an adventure, is victorious in a decisive crisis, and comes home changed or transformed.
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I work to help
people, communities and the world.
I research, write about and present programs
to empower humanity and evolve systems for Earth.
Programs are for students, parents, adults or seniors
for a sustainable, flourishing planet Earth.
Evolving Economic & Political Systems for Earth with Doughnut Economics

Sandy Hinden