

SESSION FOUR:

Applying Regenerative Principles in your Work

Exercise: Seeing Potential Using Context

In order to think about developing potential, you have to think about some larger system the work or project is nested within. This larger whole might be a neighborhood, or a field of endeavor, getting a degree, or deepening connection.

It is entirely possible to accomplish the goal of the project without developing the potential of anything. It requires attention and intentionality to find the strategic connections to some larger whole.

Let's explore this idea by reflecting on the following questions:

1. Think of something you are working on or have worked on. It can be anything from creating an organization to building a home to writing a paper or making dinner. Be as specific and concrete as you can.

What is it? When? And with? And for whom?

2. Now zoom out to shift your attention from the goal you were aiming to create and consider the greater potential you are hoping (consciously or not) to realize. This could be your own potential from your practice or experience, or the potential of the site or organization or relationship.

What do you really hope to change in yourself and in the world around you?

3. Do you typically reflect upon the larger whole your efforts can effect when beginning a task? Why or why not?
4. How could you develop a habit of taking this longer view on a regular basis?