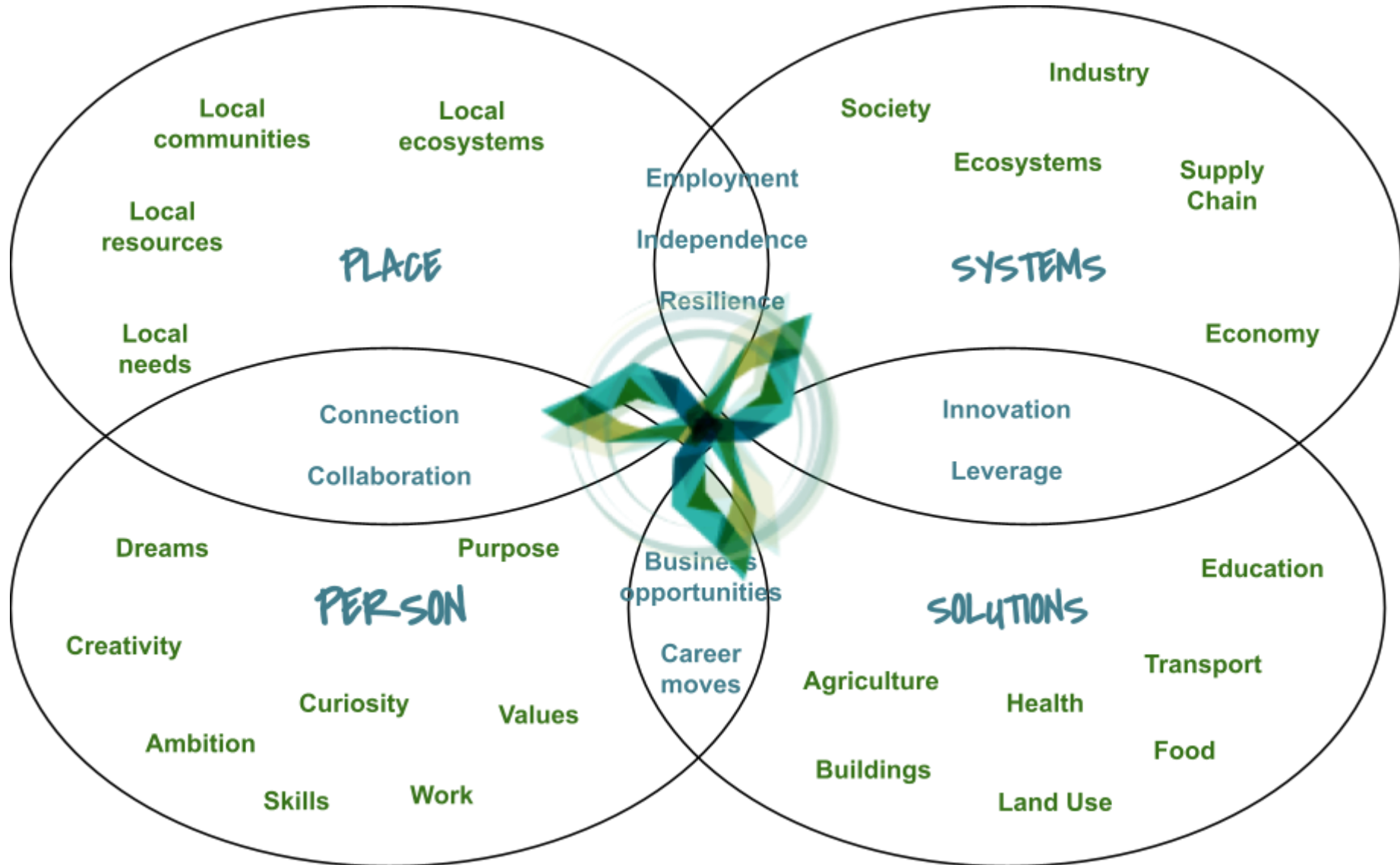




A REGENERATION IKIGAI





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(This is a process that may be useful to help you explore for your regeneration opportunities - play with it to make it work for you. Leigh Baker)

What's this process for?

The aim of this process is to loosen up your thinking - it's a scan of today's possibilities to make sure you're across the full scope of what's practical and possible today.

It's about questions and curiosity - not definitive answers.

How could you organise it into your schedule?

I'm going to send you off to two sets of rich resources - after a short preparation and reflection process.

If you try to do the preparation AND the two resource explorations in one hit, you might end up with a bit of mental "indigestion". (But if you decided to do a self-guided day retreat, that could work.)

My suggestion would be to:

- Do the reflection and then a skim of the first resource (Project Regeneration).

(take a break)

- Re-read your reflection notes, then explore the second resource (Project Drawdown).

So here we go...



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Identifying your starting point - where you are now...

A good “problem” with today’s regenerative solutions is that there are SO MANY of them.

There are LOTS of things that you “could” do - so you’ll need some ways to filter the ones that work well for you - in your life, your work, your community and your local ecosystems.

1. Do a “me” audit

*“If I tell you what you ‘should’ do, you should RUN!
Do what lights YOU up! Do what turns YOU on!”
- Paul Hawken*

Sit down with a blank piece of paper (or stand up at a whiteboard; or drop into a research app).

Use a mindmap diagram, write a free form stream-of-consciousness dump, starting with the headings in the “PERSON” part of the above diagram.

What do you do right now? What do you care about? What are your skills? What are the talents you’re yet to explore? What most upsets you - or shuts you down?

Make this fairly fast - the goal is to summarise where you are now and the resources open to you.



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2. Do a location-based audit

“Regeneration starts with place” -Regenesis Group

Again, pick your favourite ideation process.

Think, speak or write about your “place” using the headings from the “PLACE” section of the above diagram.

Include the place you live, the place you work, the places you love to spend time in - and perhaps the places that call to your heart.

3. Do an influence-oriented audit of the systems you operate in

List the industry you work in, the supply chain that industry serves, the social and community organisations you’re part of. Think about the places and the people in your circles of influence.



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Start your online scan of today's solutions

Now it's time to go out to the online world and explore today's solutions - so you'll need a computer and an Internet connection.

You're going to do a **possibilities** SCAN - now that you've sensitised your brain to your situation.

A possibilities **SCAN** means that your goal is to stay shallow and have a brief look at lots of solutions.

Research comes later - you just need a way to collect the solutions that gave you that "bing".

You might snip images or copy web links into a word processing document. If you're into Pinterest, you could start a new board. Use whatever collection tools work for you.

Scan - don't research

What you want to do now is see what goes "**bing!!!**" - what sparks your curiosity? What makes you raise your eyebrows? What makes you say "WTF! How is THAT a thing?"

As you do your scan, remember that the "point" is to open you up to the possibilities - capture all of them, no matter how "silly" your rational brain tells you they are. (It gets its turn later.)

You're not studying for a test - noone expects you to learn and remember the detail - you're simply exploring the scope of today's possibilities...

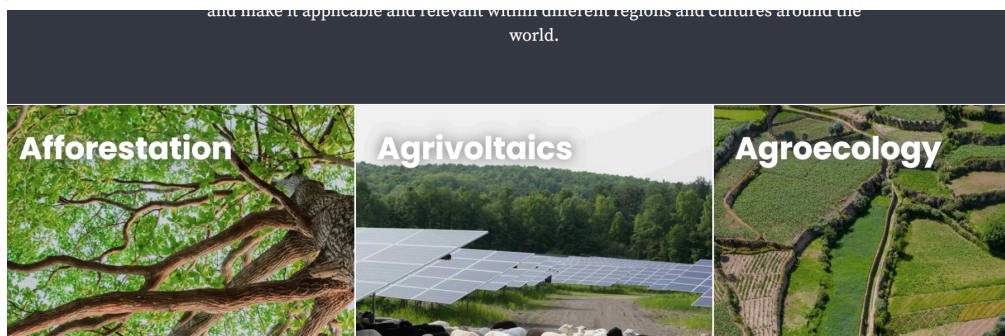
Enjoy your exploration of these two starting solutions set - and know that there are many more coming to market.



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Solutions set 1 - Project Regeneration

1. Go to the Project Regeneration Action Nexus at regeneration.org/nexus
2. Scroll past the introduction and you'll see their visual A-Z list of possibilities.



3. Click on the first possibility that catches your interest.
4. Read the opening introduction block. For example:

Agroecology

Call to action:
Restore and employ food systems based on agroecology to reduce poverty, end hunger, heal damaged land, sequester carbon, and improve health.

Agroecology is a nature-based food production system integrating biology, ecology, sociology, economics, and activism. Utilized **around the world**, it is simultaneously a **scientific discipline**, a suite of time-tested regenerative farming practices, and a social movement. Agroecology views agricultural areas, whether small or large, **as ecosystems**. It combines **Indigenous and traditional agriculture** with multidisciplinary scientific research and new technology, with the goal of increasing food production, improving livelihoods for farmers, **strengthening food security** and nutrition, **reducing pesticides**, replenishing soil health, supporting wildlife, and **building resilience to climate change**. It can **end hunger**. It creates **equitable food systems**. It values diversity, localized solutions, and **interdependence**. It has a role in **urban environments** as well.

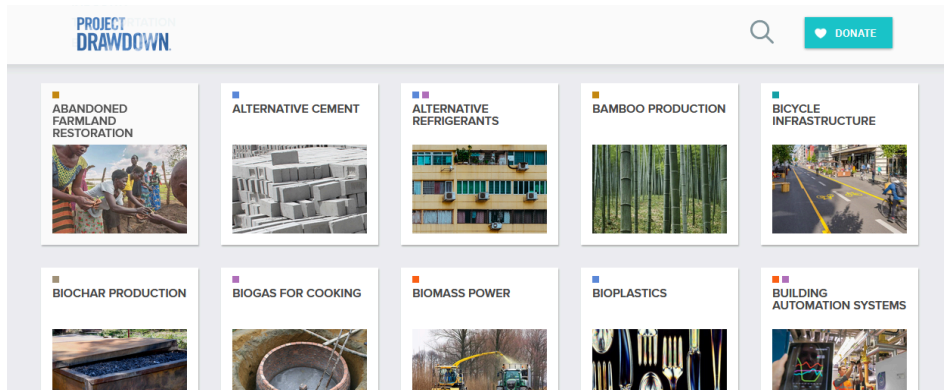
5. Did you get a “bing”? Then snip an image or copy the link.
6. Then (this could be the hard bit 😊) move on...



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Solutions set 2 - Project Drawdown

1. Go to the Project Drawdown Solutions Library at drawdown.org/solutions
2. Scroll past the introduction until you see their visual A-Z list of possibilities.



3. Click on the first possibility that catches your interest.
4. Read the opening introduction block. For example:

DYNAMIC GLASS

By responding to sunlight and weather, dynamic glass can reduce a building's energy load for heating, cooling, and lighting. More effective windows lower emissions.

Impact

Dynamic or "smart," glass has an adoption rate of 0.5 percent of commercial building space in high-income countries. We assume that growth will occur primarily in the commercial sector in high-income countries that already see high adoption of static high-performance glass. We assume that dynamic glass can reach 30–50 percent of commercial building space in high-income countries by 2050. We estimate the potential energy efficiency at 9 percent for both cooling and lighting across climate zones. Both will vary depending on local climate and building location and orientation. Adopting dynamic glass can reduce emissions 0.34–0.54 gigatons. The additional financial cost is US\$57.79–83.80 billion, yielding net lifetime operating savings of US\$113.84–189.62 billion.

Introduction

Dynamic glass changes its opacity to reduce or increase the amount of light and heat allowed to pass through. This technology replaces high-performance static glass,

REDUCE SOURCES > Electricity > Enhance Efficiency
REDUCE SOURCES > Buildings > Enhance Efficiency

0.34 to 0.54
GIGATONS
CO₂ EQUIVALENT
REDUCED/SEQUESTERED
2020–2050

57.79 to 83.8
BILLION US\$
NET FIRST COST
TO IMPLEMENT

113.84 to 189.62
BILLION US\$
LIFETIME NET
OPERATIONAL SAVINGS

5. Did you get a “bing”? Then snip that image or copy the link.
6. Then (this could be the hard bit) move on...



Document your findings

Give yourself a visual reference of some kind. Especially one that reminds you of newly discovered possibilities. The goal is to create a “nudge” for your brain - preferably a visual one.

You could:

- Make a digital collage of the images of the solutions that appeal to you and make it into a screensaver....
- Or print it out...
- Or make a list on sticky notes...

What's next?

Once you know where you want to get to, THEN you can dig into the “how”.

In my assessment, that “how” begins with exploring:

1. The **design paradigms** underpinning today's regenerative solutions: things like Circular Economy, Biomimicry, and Cradle to Cradle Product Innovation.
2. The growing range of **innovation delivery** tools and skills that turn changing human systems into a learnable craft: approaches like Systems Thinking, Generative Innovation and the Psychology of Persuasion.
(BTW: These skills will boost ANY career or business endeavour involving working with people, so it's a win/win time investment.)

How you do this is up to you - now that you've sensitised your brain's Reticular Activating System to the opportunities, you'll probably find your own options. One pathway is my free **Think Act Regenerate INSIGHTS** email series. Check it out here: thinkactregenerate.com/insights

Have fun out there!!!!