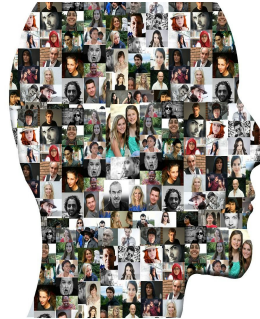


The I-We-World Model

Building resilience and sustainability on personal, group and global levels



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"You must be the change you want to see in the world." Gandhi

"Because we don't think about future generations, they will never forget us." Henrik Tikkanen

Tag: Whole System - Whole system design

Challenge:

We find it difficult to take care of our personal well-being, and the needs of a group, while relating to the world around. For reasons of cultural conditioning or personal preference, we often focus on one of these levels and marginalize the others. In the social and environmental justice movements, many have sacrificed themselves in order to engage with wider issues. Stress and burnout are not uncommon.

Solution:

Develop a practice that enables us to be aware of all three levels as we develop ourselves and our projects.

References:

- Exercise: I-We-World
- <https://www.transitionnetwork.org/support/inner-transition/personal-resilience>

Submitted by Kosha and Robin