

Rate the extent to which you feel sustained by your partner on a scale from 1 to 6 (Please circle the appropriate number, e.g. ①): 1_2_3_4_5_6
 ← less ----- more →

Rate the extent to which you feel that you sustain your partner: 1_2_3_4_5_6

Rate the extent to which you feel nurtured by your friends: 1_2_3_4_5_6

Rate the extent to which you nurture and support your friends: 1_2_3_4_5_6

Rate the extent to which you feel sustained by your spiritual community: 1_2_3_4_5_6

Rate the extent to which you feel you nurture your spiritual community: 1_2_3_4_5_6

Rate the extent to which you feel sustained by your work: 1_2_3_4_5_6

Rate the extent to which you feel you sustain your work environment: 1_2_3_4_5_6

Rate the extent to which you feel sustained by your property: 1_2_3_4_5_6

Rate the extent to which you invest in your property: 1_2_3_4_5_6

Rate the extent to which you feel sustained by governments: 1_2_3_4_5_6

Rate the extent to which you feel you support governments: 1_2_3_4_5_6

Rate the extent to which you nurture your body: 1_2_3_4_5_6

Rate the extent to which you experience pleasure with your body: 1_2_3_4_5_6

Mapping your sustainability as shown in this brochure will enable you to:

- visually document the different aspects of your life;
- better understand the areas of your life in which you need to seek balance between giving and taking;
- identify the areas of your life that have become “black holes”, areas that draw precious emotional energy without providing nurturing;
- get deep insight into some of your major conflicts;
- visually identify links between different aspects of your life;
- rate the extent of your involvement in a particular area;
- identify where changes will improve your personal sustainability.

Please use the sustainability map overleaf as a blueprint for your own map. Use different colours and other visual elements to create your own creative map.

It is useful to draw more maps at future dates to monitor changes.

For further information on projects related to sustainable living for a sustainable earth contact Werner on:

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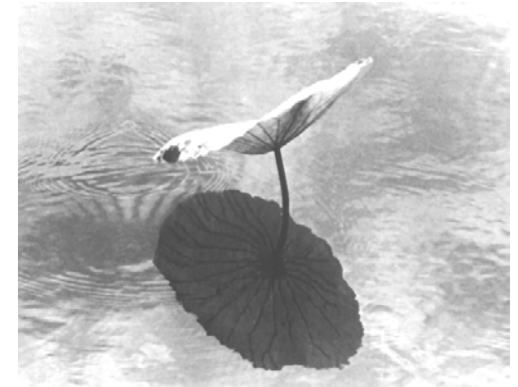
or send an email to : werner@comcen.com.au

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The research project “Sustainable Living for a Sustainable Earth” is supervised by Prof. Stuart Hill, University of Western Sydney. The project is designed to be conducted in collaboration with institutions that are active in the fields of ecological psychology and environmental education.

sustainable living for a sustainable earth

sustainability mapping



research on the links
between personal and
environmental
sustainability