

REGENERATIVE RESPONSES TO THE CURRENT STATE OF THE WORLD. HOW DO YOU ENGAGE?

TAKE THIS SURVEY TO REFLECT ON YOUR INNER PATHWAY.

You will need a pen, a paper, 45-60 mins of time and an open mind.

1. How would you describe the current state of the world?
2. How do you feel about the state of the world?
3. What state are you in physically, mentally, socially, spiritually?
4. What is there in your life that needs regeneration?
5. What do you need to let go of in yourself in order to make this regeneration possible?
6. What are your feelings, emotions, thoughts and motivations about sustainability?
7. What are the 3 things you are grateful for?
8. What practices help you to maintain your wellness/wellbeing, inner motivation and harmony?
9. What actions do you take in response to the state of the world you described above?
10. What resources (both internal and external) support you in acting for sustainability?
11. What are the results of your actions and what do they mean to you?
12. What do you need to “let come” in order to make your actions more effective?
13. What is the connection between your inner regenerative practices and your actions toward sustainability?

Wondering what others' responses revealed in our research?

Look into the study at www.innerpathways.eu

INNER PATHWAYS STUDY

YOU CAN ONLY GIVE WHAT YOU HAVE

A STUDY ON REGENERATIVE PRACTICES AND CULTURE IN SOCIAL AND ENVIRONMENTAL ACTIVISM.

This Study is the result of a piece of research conducted during the Inner Pathways Online Learning Journey with 30 participants, most of them educators in the field of learning for sustainability.

The learning journey was aimed at supporting participants to explore their inner pathway **and** make a shift towards a healthy sustainable response to the current state of the world; strengthening their capacity to face it with peace, resilience, creative power and meaningful action.

In the study *You can only give what you have*, you find a collection of inspiring themes that emerged in the surveys. In the text you can “hear” the participants’ voices and we hope that it shall serve as an inspiration to your process, whatever stage of the journey you’re in.

The section Results is separated into three main categories: **Regenerative Cultures**, **Regenerative Practices** and **Actions for the New World**. Each category has a myriad of subthemes embedded in it and we invite the reader to explore them in whichever order feels right.

Enjoy the reading.

Look into the study at www.innerpathways.eu