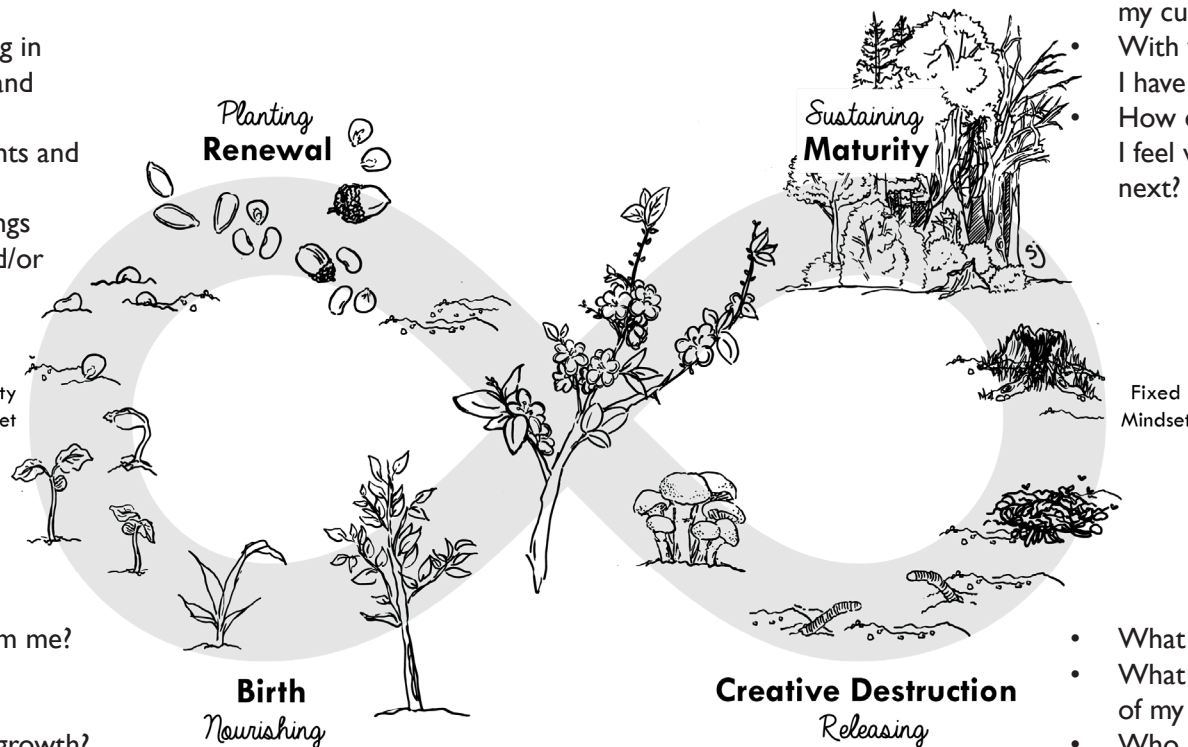


# Adaptive Cycle for Your Own Growth: A natural framework to find your way

There is a lot for us to gain by reflecting on ourselves and our lives using lessons learned from nature. We witness the adaptive cycle happening around us all the time, and we experience it ourselves. These questions are designed for your personal reflection to notice, observe, and take steps on a path towards your goals. You can either use these questions to take stock of your life from each of the four stages, or you can use the questions to dive deep into a personal goal or project you are working on. You might find yourself squarely in one of the stages in the cycle, and you can use this tool to pause there and unearth what you find.

- What is growing inside me?
- What am I on the verge of that I should explore further?
- What do I want to say 'yes' to?
- What patterns am I noticing in my body, thinking, feelings, and surroundings?
- Who can I share my thoughts and ideas with?
- How do I harness the feelings of excitement, curiosity, and/or confusion that may be emerging inside of me?



- What part(s) of myself/my life are flourishing?
- What do I want to sustain?
- What tweaks do I want to make to my current situation?
- With whom should I celebrate what I have accomplished?
- How do I embrace the satisfaction I feel while also planning for what's next?

- What is springing forth from me?
- What can use my time and attention right now?
- Who can help nurture my growth?
- How do I negotiate my feelings of ambition with my need for new learning?

- What am I holding on to and why?
- What can I release to free up some of my energy?
- Who can help me move through the process of letting go?
- How should I honor the feelings of grief, fear, and/or thrill I may be experiencing? How do I find peace?