

Permaculture Relationships

Phase 6 - Surviving the Seasons

Method #1

Giving Back

1. What unique skills do you have as a couple?
2. What have you done to give back to your children, family, community, and the Earth?
3. What skills would you need to learn to give back even more?
4. How can we maximize our positive impact on the world?

Method #2

Life's Purpose

1. Write down your life's purpose. Just write down the first thing that comes to mind.
2. Read it back
3. Repeat from step 1 until your purpose resonates so strongly that you tear up.

This processes is best done in a quiet room where you will not be disturbed. Be prepared to be there as long as it takes to get the answer you need. Starting this practice with conviction is of paramount importance to get meaningful results.