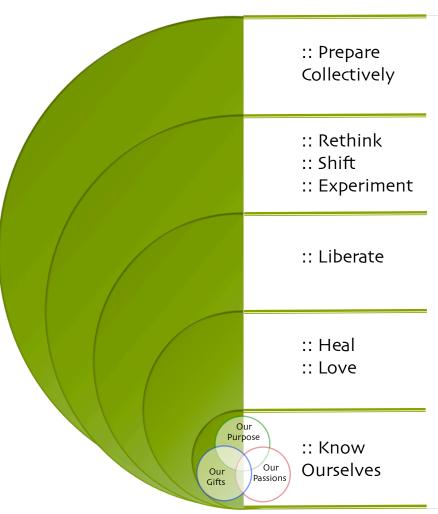
A COMMUNITY-BASED RESILIENCE FRAMEWORK

Readying ourselves and our communities for economic, energy and ecological crises



- assess and build our community's self-sufficiency, resilience and mobility
- discover what we collectively already know, have, can do and can't do
- learn what we need and don't need to live full, joyful lives
- learn how other cultures have coped with crisis and collapse
- source locally | build collective community capacity
- rehearse crisis response in our community
- learn how our complex world really works
- find people who share our passions and purpose
- rethink how, where and with whom we live and make a living
- instead of a job, find and fill real local needs
- shift to the sharing/gift economy
- strive to realize the illusion of self, ego, control, separateness & time
- self-assess and increase personal independence from centralized systems
- need less | learn continuously | facilitate and mentor others
- help liberate others by modeling equanimity, presence, generosity, gratitude, curiosity, creativity, adaptability & appreciation
- engage with the fearful and with deniers
- self-assess our physical and emotional health
- empathize | reconnect | give | forgive | ask for help
- learn new ways to heal and help others heal
- appreciate nature, and our true nature | insist on joy in spite of everything
- love unreservedly, even those we don't like
- know our personal capacities, limitations, blind spots, wants and needs and what we really care about
- know what brings us joy, fearfulness, anger and sorrow
- learn and practice self-awareness
- discover where we belong and what we're meant to do

START HERE