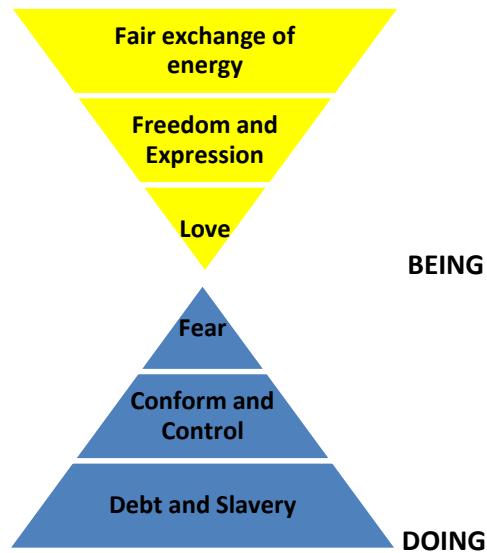


Turn Your Own World (through your Thinking) Upside Down



Turn your own world upside down

What can be observed in a Doing and Being world (not always, and not all extremes, of course)

DOING		BEING
Take all we can, give little	Planet, natural resources	Respect, replace, regard, care
Blame, victim, slave, fear	Culture	Owning, freedom, choice, love, accountable
Few eat, many starving	Food	Everyone eats
Cure or fix the problem	Healthcare focus	Understanding and prevention
Rising debt, loans with interest	Financial	Fair exchange of energy
Rich get richer, poor get poorer	Economy	Greater equality and fairness
Told what to think	Education	Shown how to think for ourselves
Control, wait for orders do as you are told	What to do?	Do what is right, what is needed
Only from rulers, who take the glory	Ideas	Valued from everyone, acknowledged
Knowledge based answers	Solutions	Wisdom based solutions
Short term	Timescales	Long term, for my children's children's....
Unsustainable	Longevity	Sustainable
Flown in, modified	Purchases	Local, home grown, free range
Scarcity, dog eat dog world	Outlook	Abundance, enough for all
Adult to Child, I'm OK, You're not OK	Behaviour	Adult to Adult, I'm OK, You're OK
Stress and burn out	Results and impact	Joy, being in the flow, expression
I win	Success	We all win
Real personality hidden by mask(s)	Personality that shows up?	Vulnerable, being ourselves
Suppress self	What part of self shown?	Wholehearted, bring all of self
Asleep, closed	State of mind	Awake, open
Play small, keep your head down	Speaking up/out	Be your whole self, express yourself
Separate, disconnected, just me	Connections with others	Collaboration, connected, in it together, we
Ego and fear based, guarded	Interactions, conversations	Respected, trusted, equals
Typically Win - Lose	Relationships with others	Win – Win or no deal, equality
Only look outside	Where are the answers?	Look inside ourselves first
Failure is not an option	Response to failure	Failure is encouraged, to learn and grow
Always running harder, never enough time	Activity	Thoughtful, balanced
Thinking, thoughts. head	Consciousness levels	Intuition, feelings, emotions, heart
Survival	Maslow focus	Self actualisation
Future	Conscious mindset	Present, being in the moment
Machine, technology	Connections	Face to face, collaborative
Top heavy, closed, secrets, systems	Hierarchy	Flat, open, transparent, trust, authentic
Head and hands	What gets used most	Heart and soul
Targets, results	Primary driver. focus	Enabling, engaging
Work, just doing a job, slaves to the system	Working feels like	Play, life, freedom and choice
Pile high, sell cheap	Products	Quality and of value
Forced obsolescence	Product lifecycle	Long lasting
Reactive	Decision making	Responsive
Self serving	Service delivered	Service to others

Which side would YOU choose?