

PERSONAL ECOSYSTEM

Having a stable network (your personal eco-system) can play a significant role in how much you get done and how happy you are. Three points to consider:

- *Building a stable network takes time, energy, and focus.*
- *A stable network isn't static – it's in a constant state of change.*
- *When you have a stable network it's hard for one outside influence to take down the whole eco-system because the connected parts sustain the larger whole.*

So let's make a map of your own personal ecosystem as it stands today.



Part 1:

1. Ground Zero

Your network starts with your home, where your roots begin- your Ground Zero. On the page below, draw a circle. Are you connected to where you live? Your house; the land; neighborhood; town/city; country; planet? Do your roots reach far elsewhere? Draw these places as outer circles.

2. Family Network

Next draw a new circle for your family network. In the middle, list the family members you spend joyous moments with. Draw outer circles for family members you know less well or that bring less joy.

3. Friend Network

Draw a third circle, and at the center write the names of your close friends (this list may include family members). Add outer circles for friends you know less or spend less time with.

4. Work Network

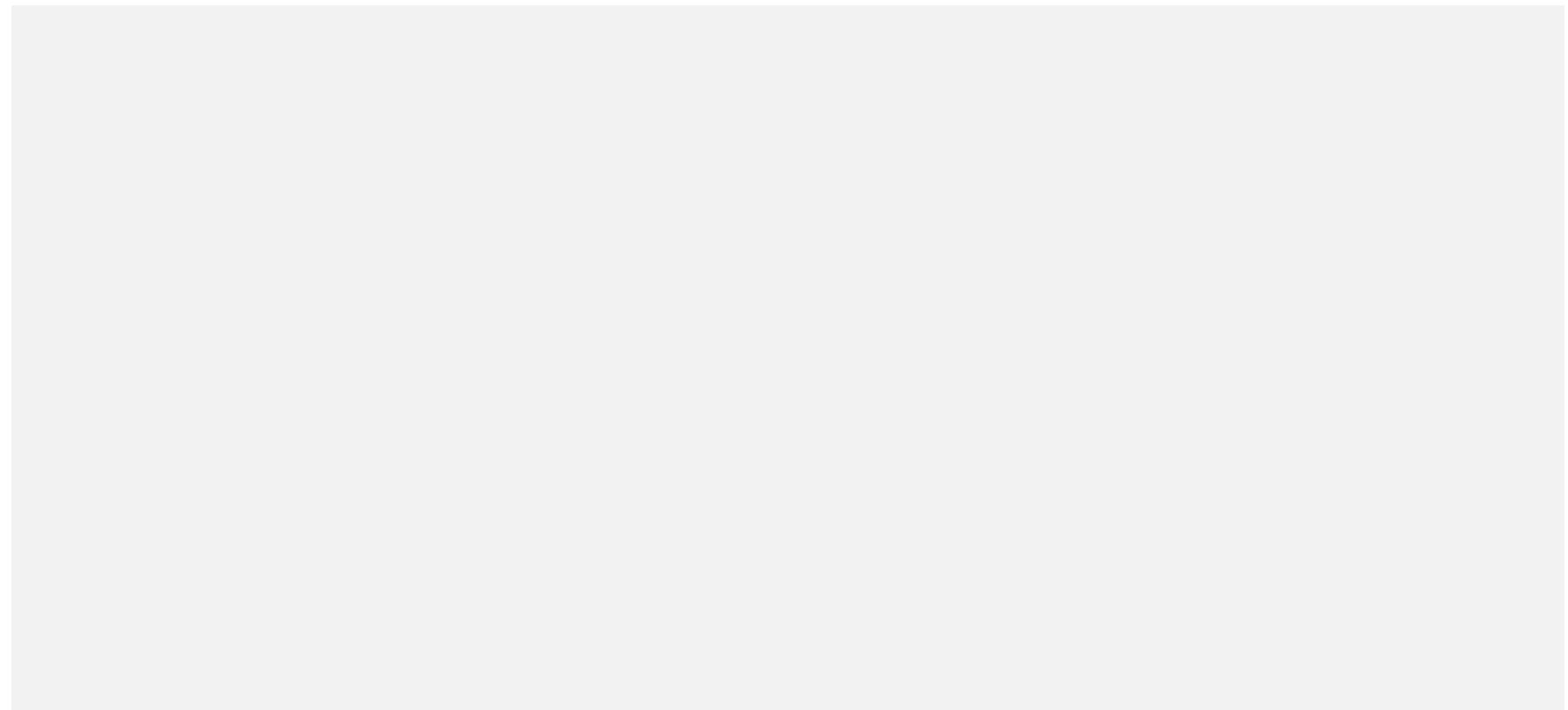
Draw a fourth and final circle. At the center, list the work that brings you the most joy (this could be paid work, volunteer work or a hobby). Add outer circles for work you're less connected with.



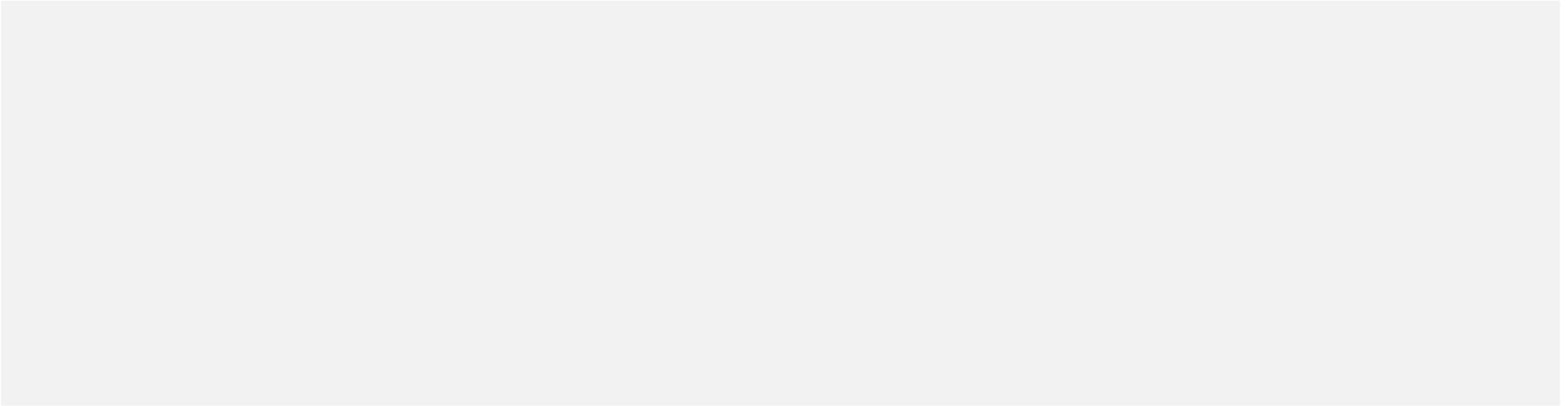
Part 2: Analyze Your Circles

First, look at your network circles for patterns, similarities and clues about how your network is stiched together.

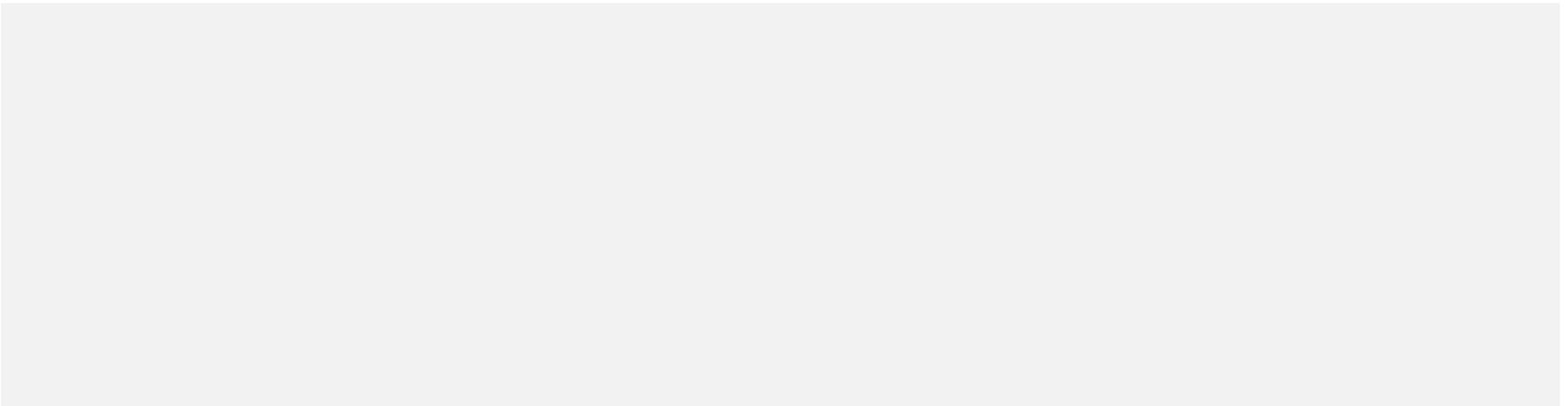
- Do you live close to family or friends, or far away?
- Is the work you love dependent on where you live?
- Are there family members who are also in your friend network?
- Are any of your family and friends invoved in your work?
- How many jobs are vying for a central place in your work network?



Across each of the circles, what gives you the most joy?



Now, consider this- If you were pulled out of your networks, where would you be missed the most and leave the biggest hole?



Do you feel like any of your circles are lacking? What can you do to fix that?

