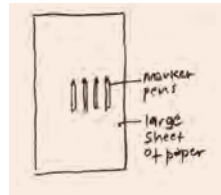


Method 1: Self-reflection

Time involved	Using the method, 30+ minutes
Associated capabilities	Launch clumsy solutions and learn Increase the variance/bring in new actors
Methods to use before or after this one	Method 2 Visualizing drivers of change Method 9 Sketching

What you'll need

A large piece of paper
Coloured marker pens



key question

'What matters to you and why?'

Purpose

Using this method brings into the open what shapes you as an individual and the capacities, values and accountabilities you bring to a project.

Outcomes

You will gain insights into your own values and capacities and how these come into play in projects through the way you approach learning and change. You will clarify the sets of accountabilities and networks you are embedded in.

How to do it

Carry this out on your own. Copy a larger version of the template onto a large sheet of paper. Pick any of the boxes and begin to add detail inside it. Make a mark to show where you stand between the two ends of each axis. Work your way round the template in any order.

Issues and challenges. Think about the issues that you are currently working on. If they have recently come to your attention, why now? If you have been working on the same issues for some time, what keeps you working on them?

My accountabilities. Looking at your personal, professional and community activities, to who or what do you make yourself accountable? What does this look like in practice?

Tip

Use this at the beginning of a project, *and* at the end.

My vision and values. What futures do you want to help bring into being? How are your visions for the future shaped by your values and political commitments or by the values and commitments of people you are working with, among or for? Are your vision and values mostly shared with others? To what extent are they driven by your personal experiences?

My beliefs about change. How do you think and feel about future possibilities and challenges? How do you experience change?

Weak ties. Thinking about your weaker connections with other people and organizations in personal, professional and community contexts, what makes them meaningful to you?

Strong ties. Considering your strong ties with other people and organizations in your personal, professional and community contexts, what makes them strong?

My capacities and resources. Reflect on your current skills, knowledge, understanding, emotional resources, social capital and financial resources in personal, professional and community contexts.

My approach when starting off. How able and willing are you to try new ways of doing things? How often do you involve different approaches and people in a new project?

My intention. What are you trying to achieve and why does it matter to you?

Reflection. Consider if you always approach new things the same way. How have your ways of working and learning shaped previous projects? Do your habits lead you to acting in particular ways? What matters to the people with whom you have strong and weak ties and to whom you hold yourself accountable?

About the methods and worked examples

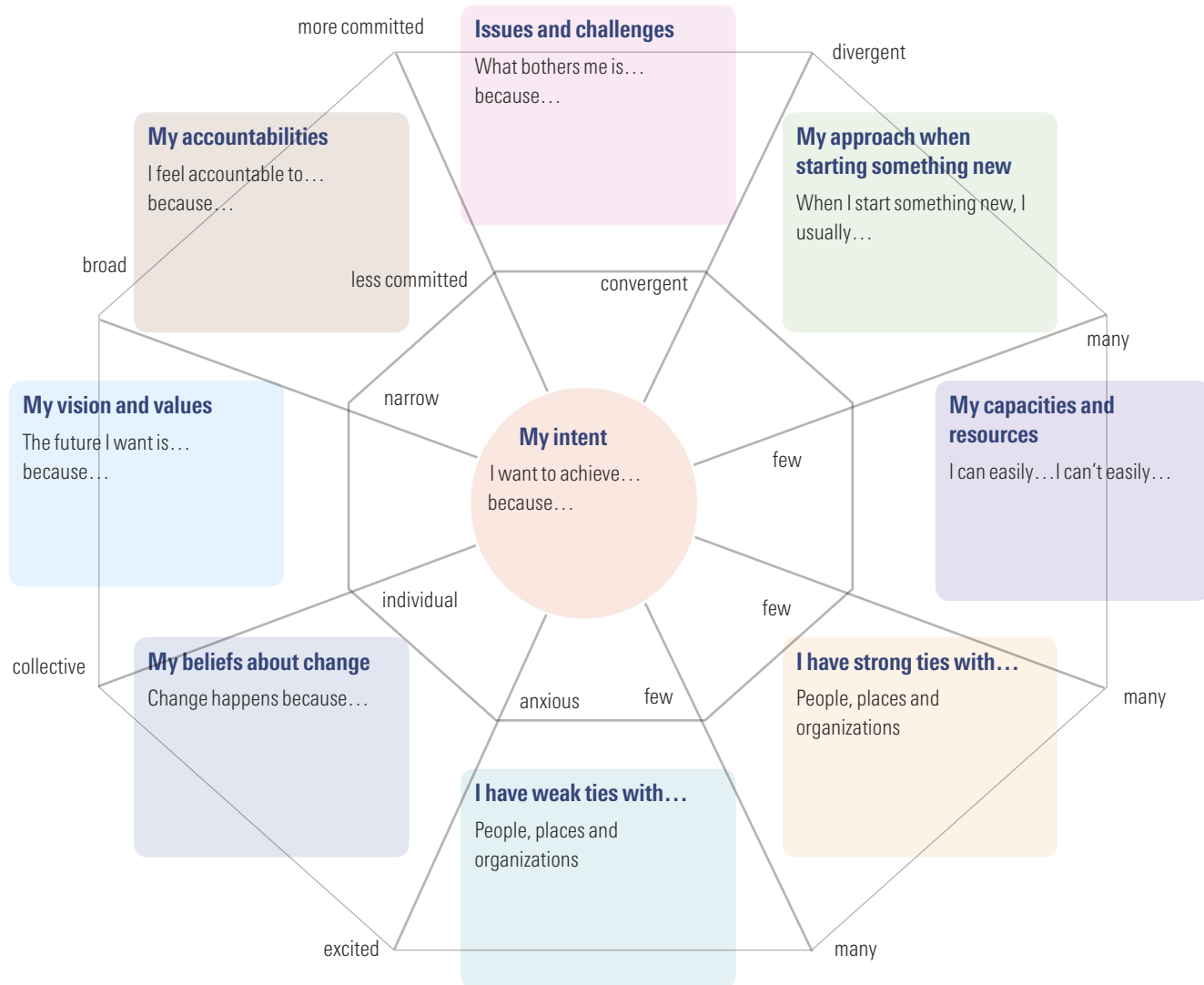
Throughout the book I'll show how the methods can be used in relation to one project, to help readers see how they can be adapted. Although the worked examples are semi-fictional, they draw on several projects I have been involved in.

The starting point for the worked examples is to find ways to address the loneliness faced by many older people. According to Age UK, half of all people in the UK aged 75 and over live alone, and 1 in 10 people aged 65 or over say they are always or often feel lonely – that's more than a million people. There are several social enterprises in the UK addressing aspects of ageing and older people's care. These include Circles, a membership organization for people over 50, which helps with social activity, practical jobs around the home, learning, and health and wellbeing; GoodGym, which enables runners to support local communities by doing physical tasks; and Spice, a time-banking platform. The project described in the worked examples shares some of the thinking and values behind these ventures.

continued...

Self-reflection

Use this to help you locate what inspires and drives you towards action



Example

