



Personal Ecology

As leaders we talk about creating more sustainable, healthy and positive farming and food systems. However, sometimes we forget to apply the same values and desires to our own actions and life choices. So how might we best sustain ourselves to show up each day to be able to give energy to our life's purpose? Moreover, what happens when we don't take care of ourselves and those who care for us? How can we expect our work to nourish the world if we don't also nourish ourselves?

Over the next few pages, you are invited to reflect on your lifestyle and habits to gain a deeper understanding of whether the state of your personal ecology is supporting or hindering your efforts as a leader. The questions cover six interconnected areas that contribute toward our overall personal ecology:

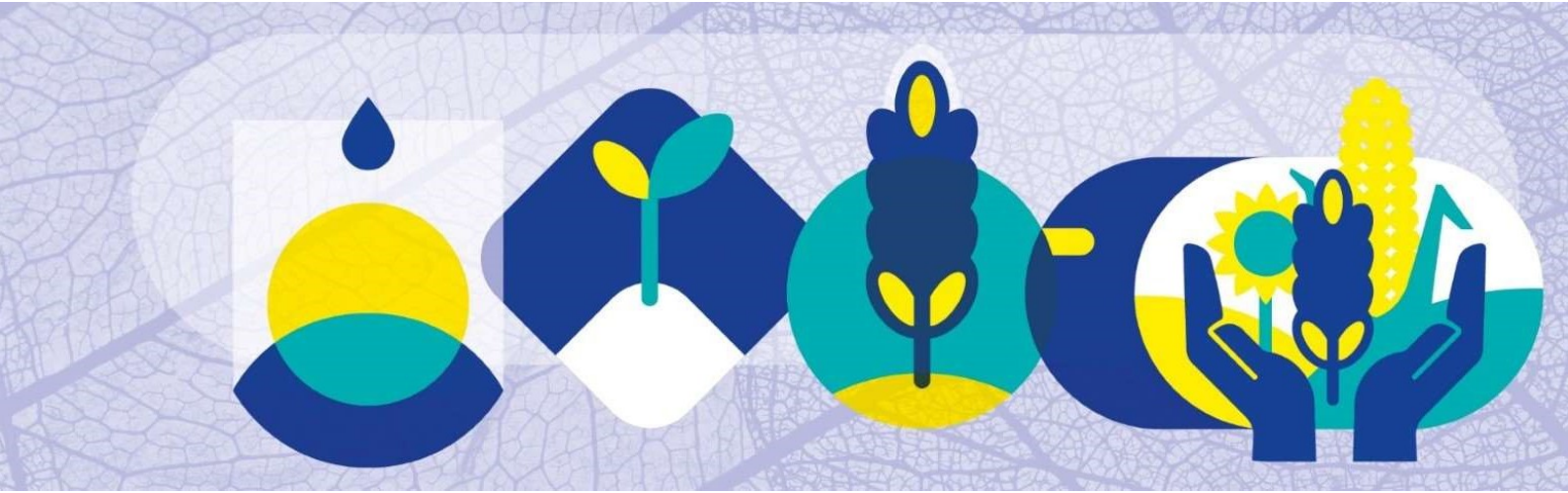
1. Inner Wellbeing
2. Social Connection
3. Sense of Purpose
4. Work
5. Stress
6. Personal Growth & Learning

When each of these areas are in balance, we can give greater energy and personal resource to those we work to serve in this world. Conversely, when these areas are out of balance our ability to sustain our efforts and to avoid burnout is greatly diminished.

The goal of this exercise is not to cast judgement on yourself, but rather to take time to reflect and tend to your own well-being so that you may continue to live your life true to your personal values and sense of purpose.

This document is yours to keep and to use now and in the future to reflect on your personal ecology. You will not be expected to share the answers you give with anyone else.

Take your time and enjoy the process.



1. Sense of Purpose

I have a clear sense of purpose in my life.

Never | Rarely | Sometimes | Often | Every Day

I take time to reflect on how my actions align with my values and beliefs.

Never | Rarely | Sometimes | Often | Every Day

I feel fulfilled by the contributions I make to my community and the world.

Never | Rarely | Sometimes | Often | Every Day

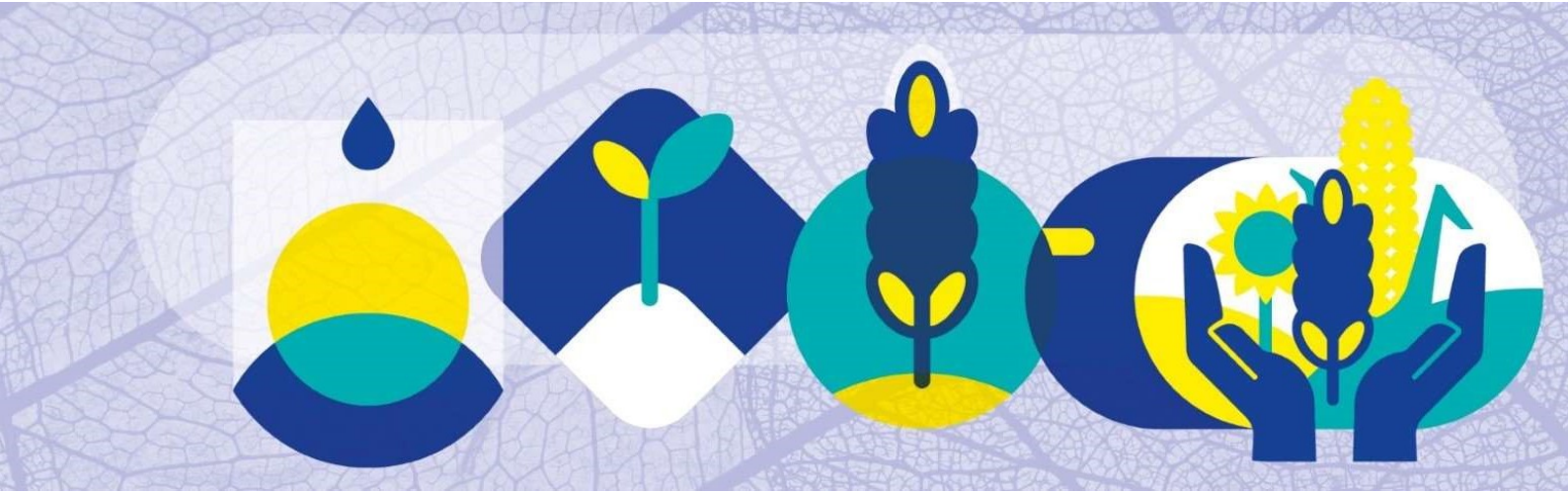
I engage in practices that nourish my spiritual growth, such as meditation, prayer, or mindfulness.

Never | Rarely | Sometimes | Often | Every Day

I seek opportunities to connect with nature as a source of reflection and energy.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Sense of Purpose:



2. Work

My work is aligned with my life purpose.

Never | Rarely | Sometimes | Often | Every Day

I am satisfied with how I spend my time at work.

Never | Rarely | Sometimes | Often | Every Day

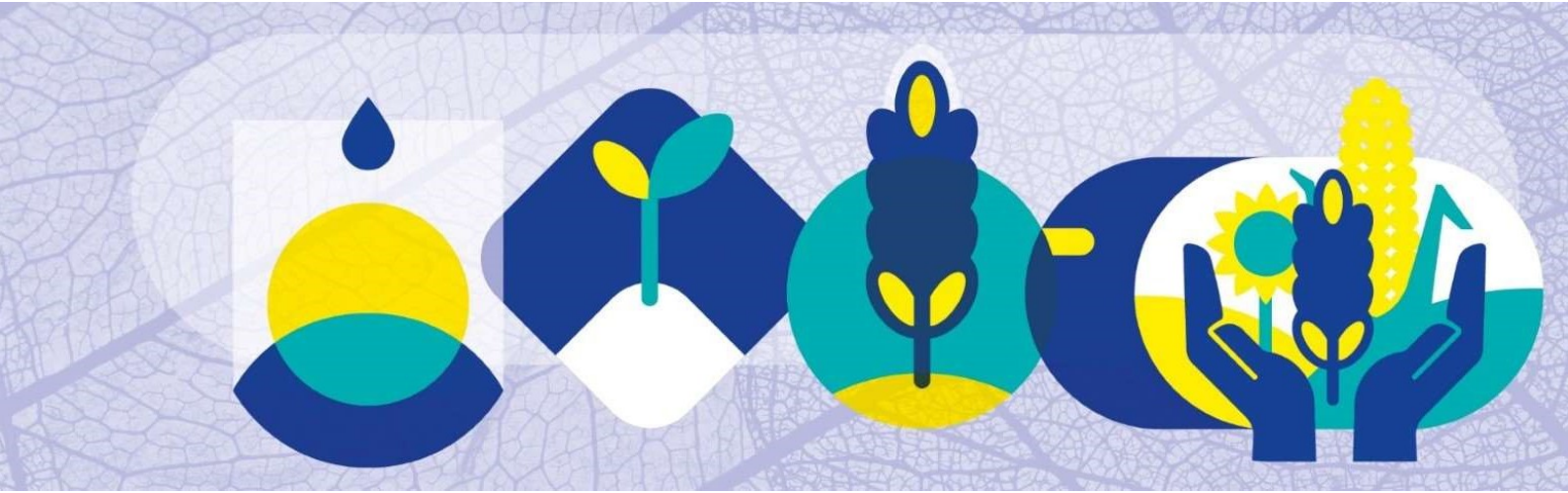
I am open to receiving feedback as an opportunity for growth.

Never | Rarely | Sometimes | Often | Every Day

I am satisfied with my financial situation and how I manage my expenses.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Work:



3. Stress

I am able to maintain an acceptable level of stress in my work and life.

Never | Rarely | Sometimes | Often | Every Day

I am able to stay centered and manage challenging situations effectively.

Never | Rarely | Sometimes | Often | Every Day

I have strategies in place to manage stress when it arises.

Never | Rarely | Sometimes | Often | Every Day

I take regular breaks to recharge and prevent burnout.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Stress:



4. Learning & Growth

I am satisfied with the time I invest in my professional development.

Never | Rarely | Sometimes | Often | Every Day

I am satisfied with the time I dedicate to personal learning and hobbies.

Never | Rarely | Sometimes | Often | Every Day

I feel I have a balanced mix of activities that promote my growth and well-being.

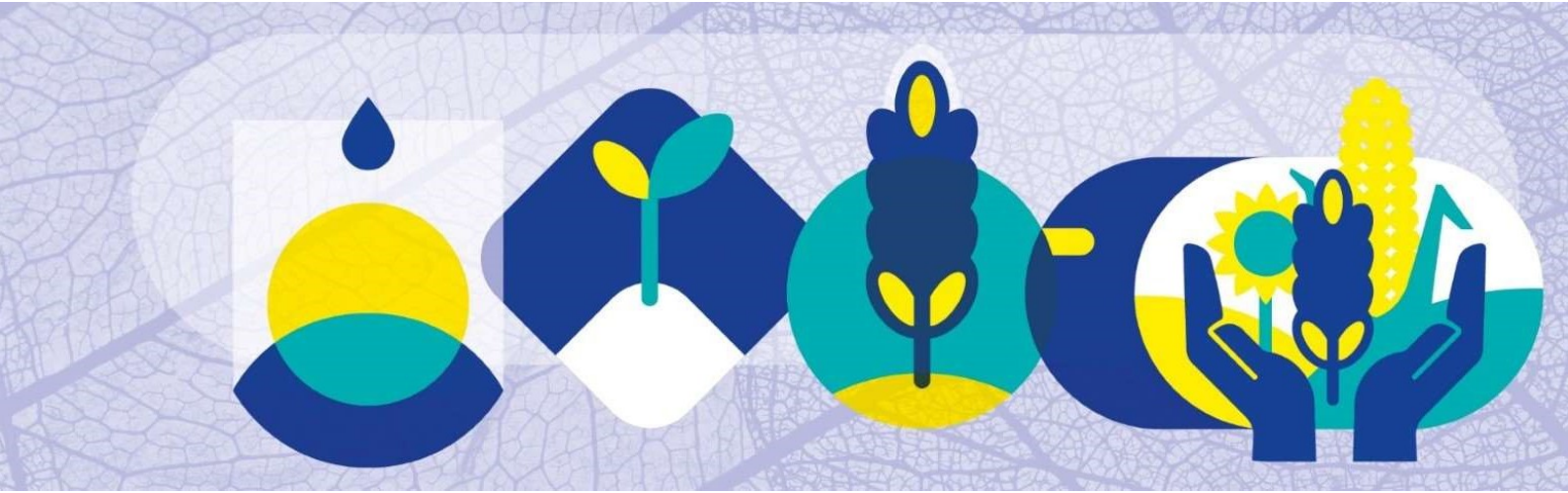
Never | Rarely | Sometimes | Often | Every Day

I take time to reflect on my experiences and emotions.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Learning & Growth

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5. Inner Wellbeing

I get sufficient sleep to sustain my energy and health.

Never | Rarely | Sometimes | Often | Every Day

I spend time outside in natural light and natural spaces.

Never | Rarely | Sometimes | Often | Every Day

I drink sufficient water to support my mental and physical health.

Never | Rarely | Sometimes | Often | Every Day

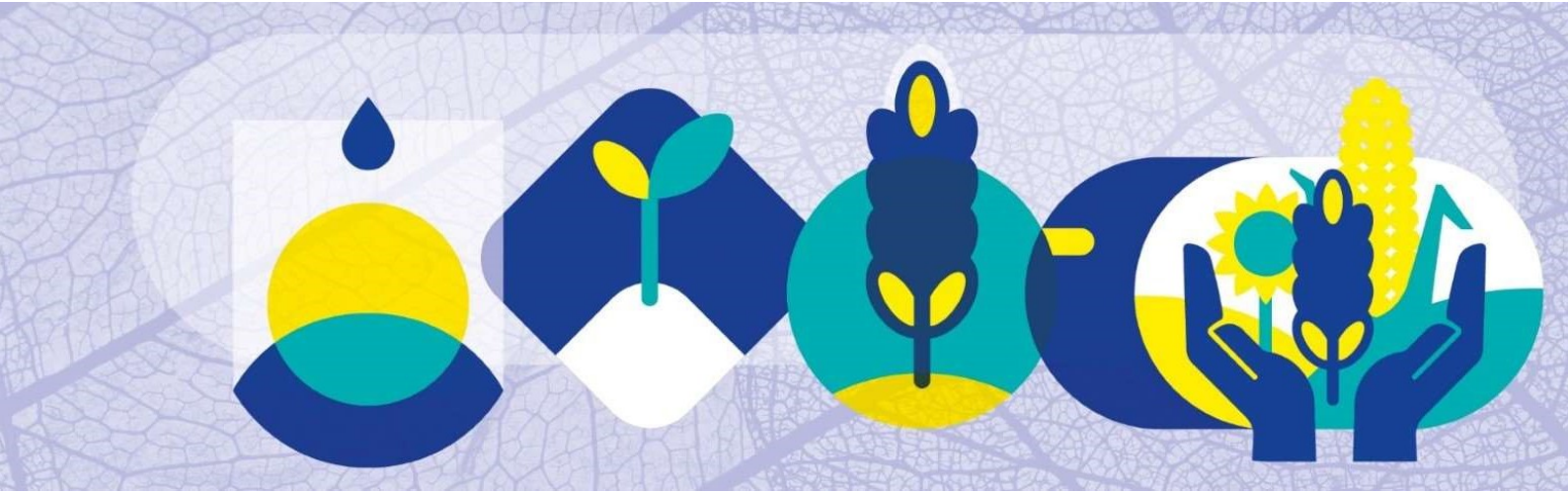
I eat a balanced and healthy diet that supports my overall well-being.

Never | Rarely | Sometimes | Often | Every Day

I engage in the amount and variety of exercise I need for good health and sustained energy.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Inner Ecology:



6. Social Connection

I nurture relationships with my family and prioritize quality interactions.

Never | Rarely | Sometimes | Often | Every Day

I make time to cultivate meaningful friendships that enrich my life.

Never | Rarely | Sometimes | Often | Every Day

I feel satisfied with the quality and quantity of my involvement in my community.

Never | Rarely | Sometimes | Often | Every Day

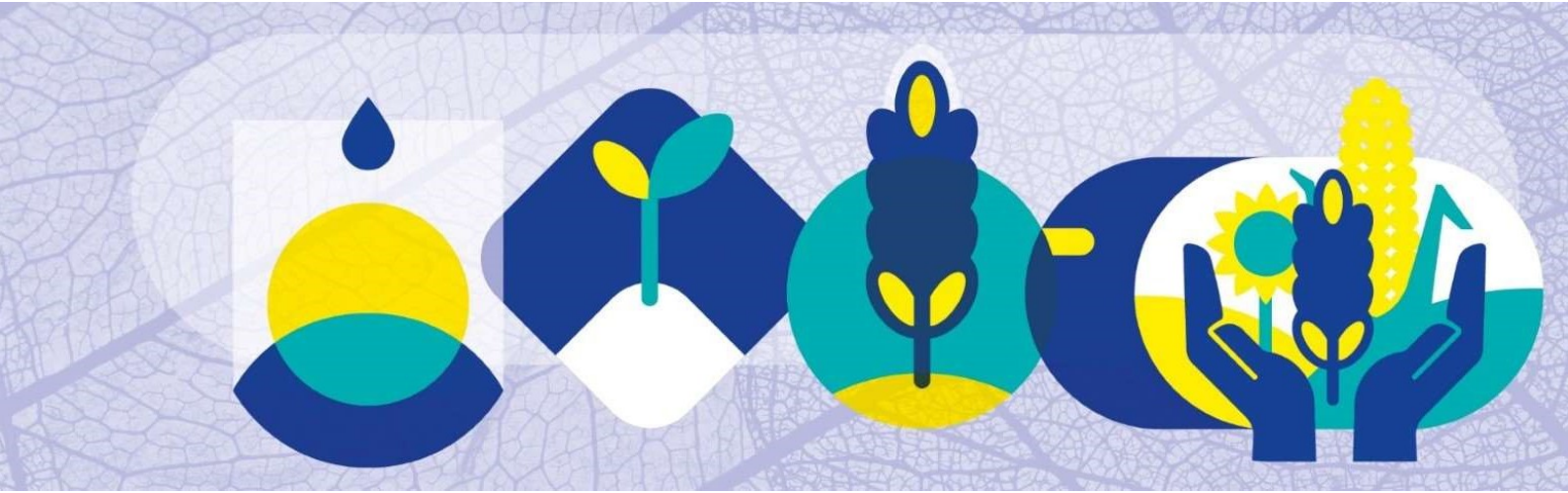
I invest adequate quality time and care in my relationship with my partner (if applicable).

Never | Rarely | Sometimes | Often | Every Day

I can rely on others and receive support when needed.

Never | Rarely | Sometimes | Often | Every Day

Reflections on Social Connection:



Final Reflections

Take a moment to reflect on the following questions:

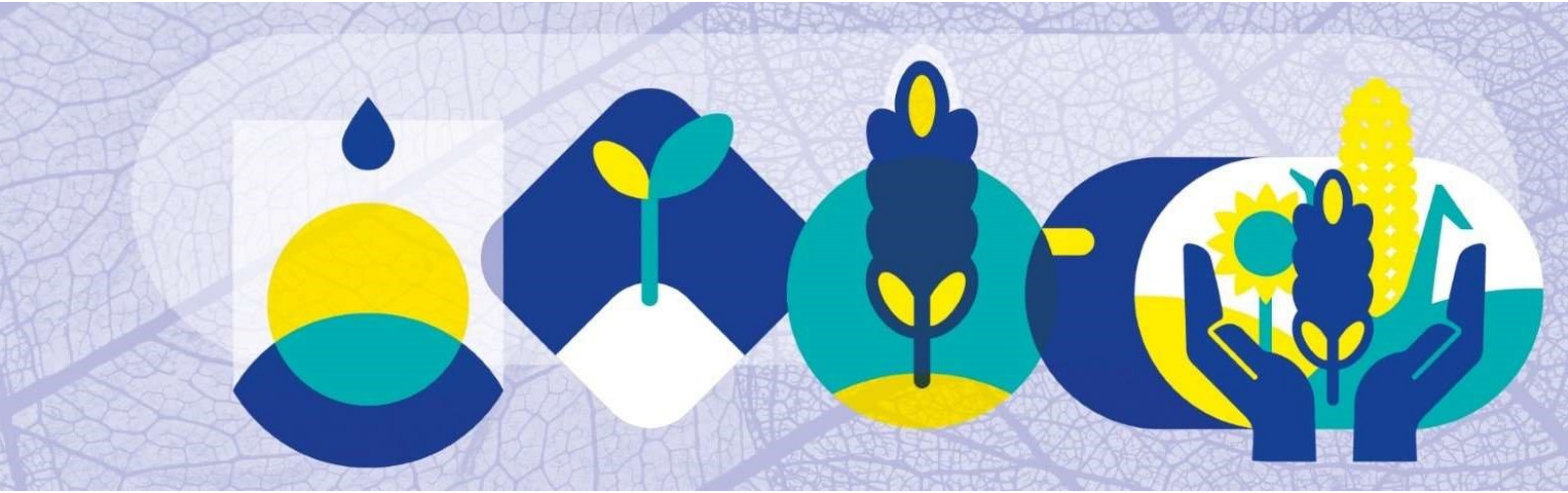
1. How do you feel overall having answered these questions?

2. Where do you feel your strengths lie?

3. Which areas would you like to work on?

4. What actions do you need to take to support your growth?

5. What in my external environment might be affecting my inner ecology?



6. Who or what might you need for support in these areas?

7. When would you like to commit to reflecting again on your progress?