

FLIPPING PERSONAL DOUGHNUT

THERE IS MUCH SUFFERING IN THE WORLD
FROM PEOPLE EITHER NOT HAVING ENOUGH
OR HAVING TOO MUCH
OF SOMETHING THEY NEED
IN ORDER TO BE ALIVE AND WELL.



FROM NOT HAVING ENOUGH OF
OR HAVING MORE THAN ENOUGH OF
SOMETHING THAT SATISFIES THEIR
NEEDS.



WE ALL HAVE A MOTHER AND A FATHER —
EACH ~~WHO~~ HAVE COME FROM DIFFERENT GENETIC,
EPIGENETIC,
CULTURAL, AND EXPERIENTIAL
BACKGROUNDS —



THROUGH WHOM

WE BIOLOGICALLY CAME INTO THE WORLD. THIS WORLD.
IT IS KNOWN THAT EVERY PREGNANCY IS DIFFERENT
AND THAT EVERY BABY IS DIFFERENT,
AND EACH OF US GOES THROUGH DIFFERENT EXPERIENCES
AS WE AGE.

SO EVERY PERSON IS DIFFERENT.
EVERY PERSON IS STILL
A HUMAN ANIMAL.

THEREFORE, WE MAY SAY THAT
EVERY PERSON HAS THE SAME NEEDS,
BUT REQUIRE SATISFIERS
(AND AMOUNTS OF THESE
SATISFIERS)

THAT ARE DIFFERENT,
SO THAT WE CAN
BE OKAY.

WE ARE ALL ON A JOURNEY
FROM LIFE TO DEATH;
HOW WE GET FROM HERE TO THERE AND WHAT WE SEE ALONG THE WAY
WILL BE UNIQUE. AND SO WILL WHAT SATISFIES OUR NEEDS.

IN OUR ENVIRONMENTS, THERE ARE MANY VARIED STIMULANTS THAT
ALERT US TO WHERE WE CAN FIND AND OBTAIN THE NEED SATISFIERS
THAT WE SEEK FOR REAL. HOWEVER, THERE ARE STIMULANTS THAT
TRICK US INTO OBTAINING OR CONSUMING AN AMOUNT OF SOMETHING
THAT IS TOO MUCH — SO MUCH MORE THAN ENOUGH THAT WE GET
SICK, OR SUFFER IN ANOTHER WAY.

ALTERNATIVELY, WE MAY NOT BE ABLE TO FIND ANYTHING THAT SATISFIES OUR NEEDS, EVEN TO THE MINIMUM LEVEL THAT KEEPS US ALIVE AND HEALTHY.

OR WE MAY FIND THESE THINGS, BUT FIND OURSELVES UNABLE TO OBTAIN AND BENEFIT FROM THEM. MANY OF US MAY FIND THIS TO BE THE CASE BECAUSE OF WANT—WE LACK THE RESOURCES TO DO SO.

WHAT & HOW MUCH IS ENOUGH FOR ME (AT THIS STAGE OF MY LIFE)?

THE FLIPPING PERSONAL DOUGHNUT IS A TOOL TO HELP US ANSWER THIS QUESTION. WE CAN REVISIT OUR DOUGHNUTS EACH TIME OUR PERSONAL CIRCUMSTANCES CHANGE.

FIRST, WE WILL ASK OURSELVES A FUNDAMENTAL QUESTION.

THEN WE WILL DESCRIBE THE PERSONAL DOUGHNUT AND ASK OURSELVES QUESTIONS RELATED TO THIS.

NEXT, WE WILL TELL YOU WHERE THE PERSONAL DOUGHNUT CAME FROM AND SHOW THAT IT IS ROOTED IN RESEARCH, AND IS INTEROPERABLE WITH THE FRAMES WE MASHED UP.

WE WILL THEN EXPLAIN HOW & WHY THE DOUGHNUT FLIPS.

FINALLY, WE WILL ADD THE POSSIBILITY OF USING THE DOUGHNUT TO MAKE RESOURCE DECISIONS.

BONUS: WE MAY EXPLORE WHETHER THIS CAN BE DONE AS A GROUP.

BEFORE WE BEGIN, WE RECALL AND RECOGNIZE THAT WE ARE ALL DIFFERENT AND AT DIFFERENT STAGES OF OUR RESPECTIVE JOURNEYS, SO WE APPROACH THE FLIPPING DOUGHNUT WITH THE

"LOVE, MUTUAL RESPECT AND PROACTIVE ENGAGEMENT"

THAT CHARACTERIZES CONSTRUCTIVE SOCIAL CHANGE AS JOHN PAUL LEDERACH DESCRIBES IT. IN OTHER WORDS, WE LEAVE JUDGEY MCJUDGEFACE AT THE DOOR, KEEP IT REAL, AND FOLLOW THE PATH OF COMPASSION.

A FUNDAMENTAL QUESTION

"SINCE DEATH IS CERTAIN AND THE
TIME OF DEATH IS UNCERTAIN,
WHAT IS THE
MOST
IMPORTANT
THING?"

PEMA CHÖDRÖN ASKS THIS.
LET US TAKE A MOMENT TO
CONSIDER THIS AND THEN
WRITE DOWN OUR ANSWER.
IT MAKES IT MORE REAL,
WRITING IT DOWN. WE CAN ALSO
REFER TO IT LATER IN CASE WE
FORGET.

