

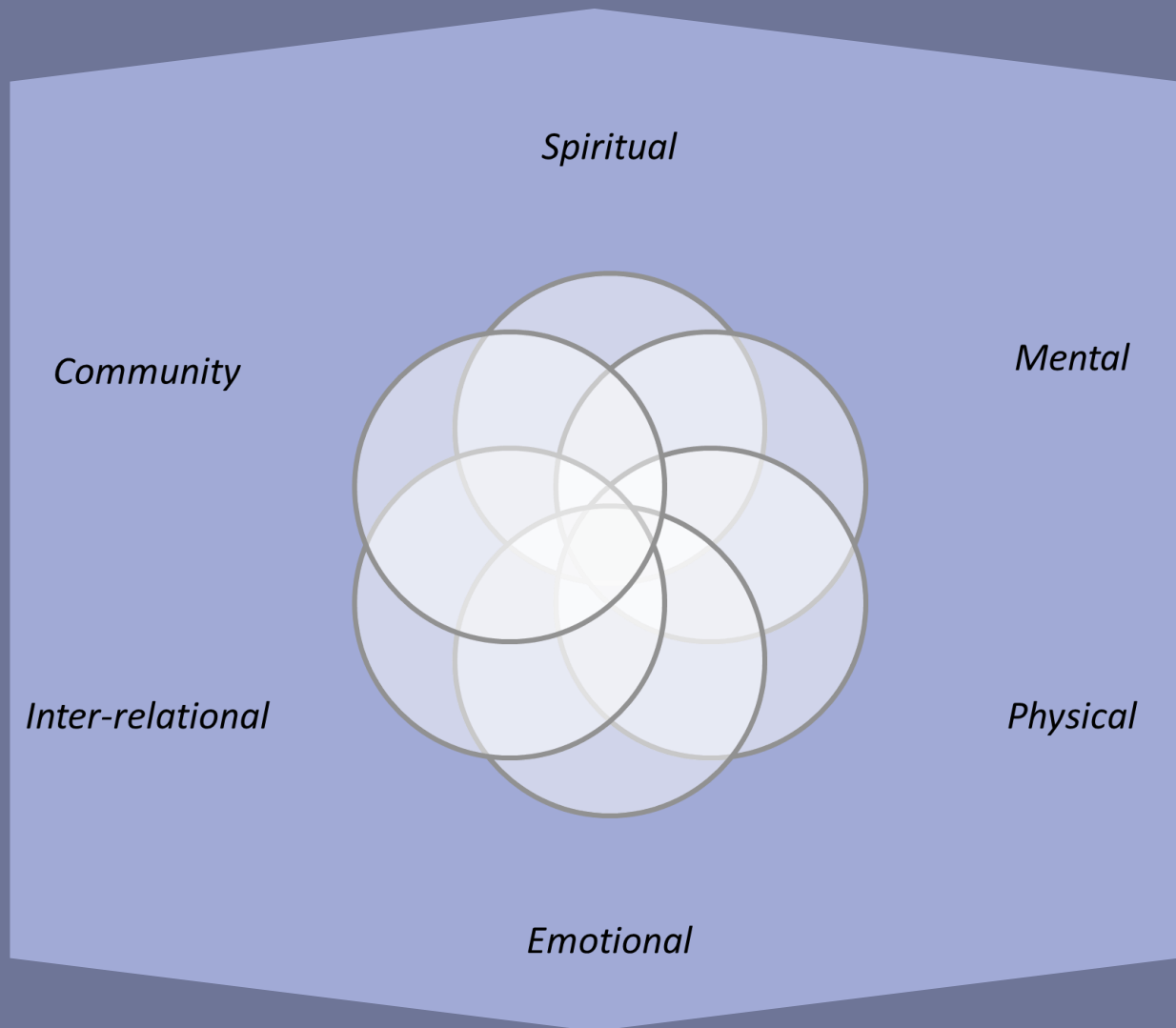
Organisations and individuals can positively shape tomorrow's outcomes by taking responsibility for our actions today. This is where we may embrace wholeness with the Sustainability Inside-Out™ framework, shown above.

As co-creators in this vast universe, we exist together with others. As we unpack our journeys, we find company in meeting others where they are and journeying *together*.



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- **Spiritual Dimension:** This aspect connects us to something greater—the transcendent, the divine, or our inner wisdom. Nurturing our spiritual well-being helps us discover purpose, meaning, and inner peace.
- **Mental Body:** This includes thoughts, beliefs, and intellectual pursuits. Cultivating mental clarity, curiosity, and a commitment to continuous learning enhances our well-being.
- **Physical Body:** Our physical body is the vessel that carries us through life. Prioritising our physical health through movement, nutrition, and rest ensures we maintain vitality and resilience.
- **Emotional Body:** Often the most familiar yet elusive dimension, our emotional body encompasses our feelings, empathy, and emotional intelligence. Understanding and nurturing this aspect is crucial for a balanced life.
- **Inter-relational:** By building authentic bonds, practising empathy, and fostering compassion, we form relationships that enrich our lives.
- **Community:** A community reflects our shared context—the broader social fabric that impacts how we think, feel, and act. Contributing positively to our local or global communities gives us a sense of purpose and promotes collective well-being, which cannot be understated.



Experience your multi-dimensionality daily with this simple reflection exercise:

How is my breath today?

Where have I cut corners with my nutrition, posture and movement?

Did I have more positive / negative or neutral experiences today?

Where do I feel challenged / supported with someone today?

How have I been helpful to someone today?

What can I improve on for this week 🤔