

# Reclaiming Utopia: Journal Exercises

Here are some questions and exercises you can explore in your journal, designed to help you integrate your workshop experience into your life.

## Collapse

1. What do I see in the world around me that indicates collapse?
2. How do I feel deep down about the direction of our current society?
3. How does my fear of collapse relate to my personal fear of death?
4. What is my biggest heartbreak?
5. How do I hide or shut out collapse? Why?
6. How can I be more open to the reality of collapse?
7. How do the people around me suffer from a lack of meaning? How does that affect the world?

## Gratitude

1. Who am I truly grateful to have in my life, and why?
2. Which parts of my life are incredible privileges? How can I use them to help the world?
3. What am I grateful for in this present moment?
4. What parts of life in our current world are deeply beautiful?
5. What things can I continue to be grateful for as collapse unfolds?
6. How can gratitude help me confront collapse?

## Vision

The Phoenix is our metaphor for a radically different world that can navigate the ecological, social, political and meaning crises we currently face.

Cast your mind back to the utopian visioning exercise. This is your vision of the Phoenix.

1. Describe your vision in detail. Explore all the different senses.
2. How did your vision make you feel?
3. What role would community play in your vision? How would people interact?
4. What would a city in your Phoenix be like?
5. Where have you tasted your Phoenix before? Where / when have you felt most inspired, natural, free, creative, liberated, connected?
6. How would your Phoenix reshape social relations on a deep level, questioning the constructions of gender, race, ethnicity, sexuality, age, class, nationality?
7. What would your Phoenix strive towards? And strive to overcome?
8. How will people face death in your Phoenix?
9. What technology, rituals and ceremonies might they use?
10. List the aspects of your life that are already utopian. List the dystopian aspects.
11. Think of someone in your life who is suffering. How would a utopian society help this person?
12. Explore writing a 'naked social utopia': a group of people who live in a desert with no possessions and just enough food and water. And yet they are the happiest humans on the planet. How do they live?
13. Explore a 'regenerative utopia': describe a community whose daily life sustains and nourishes the natural world around it. How will people relate to animals and nature?
14. Explore writing your 'utopia of a beautiful end': a scenario where collapse brings out the very best in humanity.
15. If you could build a society around three things, what would they be? What would that society look like?

## Circles of Self

1. Who and what am I? How do I define my identity?
2. When have I felt my identity as wider than just myself? How?
3. What is my relationship to the ecological world?
4. When have I felt connected to a wider community? Or empowered by one?
5. Write a letter to the living Earth (Mother Earth / Gaia) from your human self. How have you treated Gaia in the past, and how will you act differently going forward?
6. Write a letter to your individual self from your ecological self (the living Earth). Try starting with:
  - My child, let me tell you where you come from....
  - My child, I need you now...

7. How can I use a wider circle of self to defend life on Earth, protecting nature for generations to come?

## Integration

1. What would it be like to embody my Phoenix starting today? What can I change to bring this about?
2. What are the main differences between how I live now and in the Phoenix?
3. What's preventing me from living my Phoenix right now?
4. Who in my life embodies aspects of the Phoenix? What do they want to create and how can I help them?
5. Where in the world am I going to kickstart my Phoenix? Who am I going to do it with?
6. Imagine you're in the year 2050, and humanity has transitioned to an ecological society centred on flourishing and wellbeing of all life.
  - Write the story of this transition, starting from today.
  - Write the story of your and life contribution to this transition.
7. What would someone from this world tell you to do, right now, to create this world?
8. How can I start or join a community committed to utopian experiments?
9. How can I opt out of a consumerist lifestyle? And help others do the same?
10. How can I start running 'utopian experiments' here in my home town or city?
11. What do I really long for? Which activities bring me alive? How can I share these with the world?
12. Joanna Macy describes 3 pillars of social change: fight the old system, build a better one, and change consciousness. If each of these is a cup, how full is each one in my current life? How can I fill each of them up?

## Prefiguration

1. How can we bring our visions of a better world into our activism and work?
2. How could we make our activism into the most enjoyable collective experience possible?
3. Toni Cade Bambara said 'make the revolution irresistible'. What would that look like to you?

## Congruency Upgrade Process (from Daniel Schmachtenberger)

1. Write what you understand about the state of the world currently, and the forecast ahead. Specifically note the issues that bother and concern you the most.
2. Write about what your deepest values are. Spiritual, ethical, humanitarian, environmental, etc.
3. Factoring the answers from the first two questions, what would your life and actions look like to be in congruence with what you know and care about?
4. How different is that than your actual current life? Different in what ways? (This is the incongruence gap.)
5. What are the causes of that gap? Where your life and choices are misaligned with what you believe to be true and important about the world, and what you care about - why is that the case?
6. What would it take to close that gap, and have your life be more fully congruent with your values?

Additional questions:

1. What is the psychological/spiritual cost of this incongruence?
2. What is the global effect of a world of people whose lives are incongruent with what they actually understand and care about?
3. What would the global effect of high personal congruence be?
4. How could you create a zone of ethical congruence, by bringing people together to support each other in clarity and life redesign?
5. What could happen for the world if you did that?

See [www.thephoenixproject.site](http://www.thephoenixproject.site) for workshop co-creations, reading lists, our wiki of ideas, and more. Jules and Will x