

## **Learning About Something**

Take a walk. Notice animals, plants, objects, systems, geological structures, buildings, machines. Point to anything you see in the world around you to find its:

- 1 **History** (The origins of the constituent patterns & the socio/ecological factors responsible for their spread and persistence to the present day.)
- 2 **Composition & Construction**
- 3 **Use** and/or **Role** and/or **Ecology**.

## **Improving Yourself**

- 1 Something about yourself you don't like.
- 2 Something about someone else that you like.
- 3 Situations to be able to Deal with Well
- 4 Things to be able to Make and to Do
- 5 Things to Notice and be Receptive to
- 6 Human Virtues

## **Have an Experience**

What would you like to do? The entire range of human experience is open to you

- 1 Social
- 2 Spiritual
- 3 Intellectual
- 4 Sensual
- 5 Emotional
- 6 Culinary (recipes)
- 7 Professional
- 8 Creative (An organization, a sculpture, a poem, a job, a piece of furniture)
- 9 Service
- 10 Romantic