

# GUIDE

## ACTION-REFLECTION CYCLE

People:	Ideally everyone in your group
Time:	1 - 2 hours
Resources:	This activity sheet, a place to meet

### *How can this help us?*

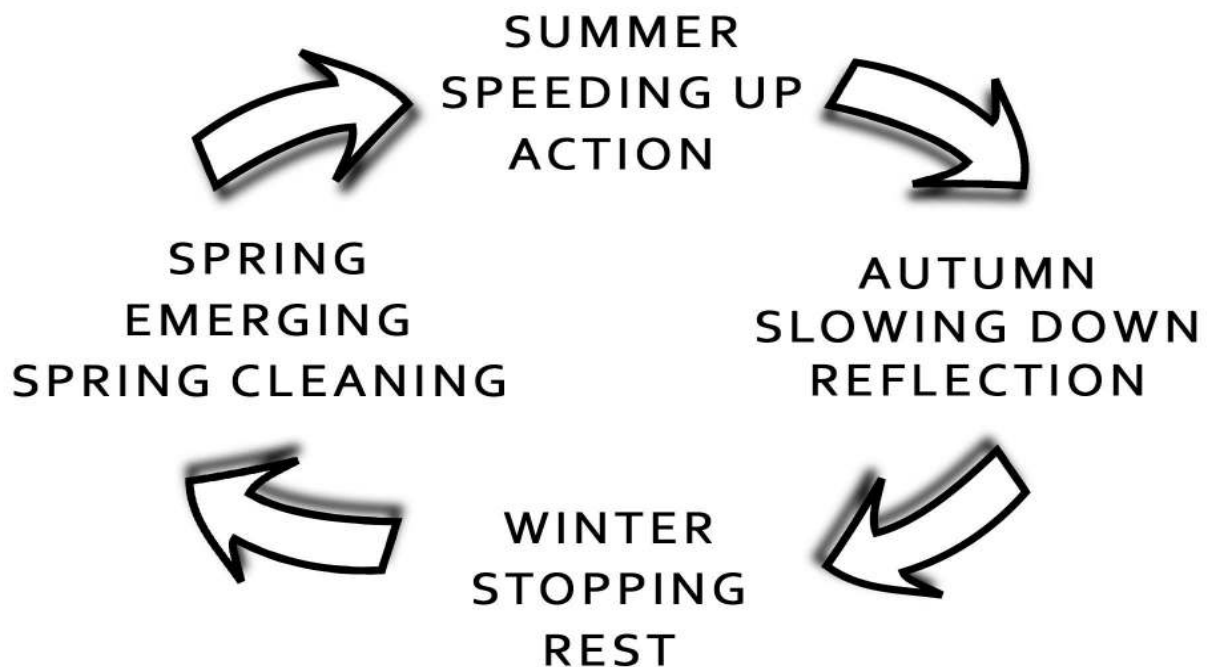
Most groups spend most of their time just getting on with stuff – and planning more things to get on with. So many of us habitually bypass the vital stages of slowing down to reflect, rest, digest and spring-clean before planning and getting on with yet more stuff.

This simple model helps us become more aware of this habitual tendency to just keep doing more and more stuff, taking on more and more responsibilities and planning yet more exciting activities before we have even got close to actually finishing what we are already doing.

You can just read the guide to get an overview, or you can use it to help with planning your work in coming year.

### *The guide:*

The following diagram outlines the action reflection cycle based around the seasons.



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Your group will almost certainly become more nourishing, effective and enjoyable if you integrate this Action-Reflection cycle into your work plan. Nature already mirrors for us natural times of the year to implement each stage of this Action-Reflection cycle, through its inherent embodiment of the life-death-life cycle.

### **WINTER / STOPPING / REST**

Time for Hibernation, digestion and making-meaning. Embracing 'death' and 'letting go' as integral to the life-death-life cycle.

### **SPRING / EMERGING / SPRING-CLEANING**

Time to make space for and plan new projects. New life beginning.

### **SUMMER / SPEEDING UP / ACTION**

Time to get stuff done. New life in full flow.

### **AUTUMN / SLOWING DOWN / REFLECTION**

Time for noticing what has happened, getting curious ... how did it feel? Life is beginning to slow down.

Most of us have a long way to go to become fully aligned with these natural cycles again – and patience and compassion in this transition are key. But **integrating these key phases of rest, reflection and spring-cleaning alongside all our exciting activities will almost certainly radically transform our groups for the better.**

Even if this simply means, for example:

- Taking a couple of weeks in; November and/or December to slow down and do some reflecting on what has happened this year and noticing how you have felt about it
- In Jan and/or Feb to really rest and do very little other than digest and perhaps make some meaning of the year passed
- Using March and May to spring-clean and do some de-cluttering and planning for the year ahead

This still leaves us the rest of the year to get on with doing stuff – but will help ensure we are learning along the way and getting the rest we need to be nourished enough to function optimally. Creating a schedule for our group along these lines could be one of the most helpful things we can do to ensure our success and longevity as a group – and Movement.

### **More support:**

For more support and information on reflection and celebration go here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/reflect-and-celebrate/>

Check out the 7 essential ingredients of Transition here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/>

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