

A SACRED SPACE WHERE LIFE CAN FLOW

INTRODUCTION AND CONTEXT

This design was started as part of the Cultural Emergence Effective Design (CEED) programme with Looby Macnamara in summer 2021.

MY GOALS WERE TO:

- Become familiar with the design web as a framework.
- Weave the web together with other tools and frameworks, including the 21st Century Grownups model I create in my Permaculture Design Certificate (PDC), to begin to develop my own design process and tools.
- Complete a quick design that will double as design one in my Permaculture Design Diploma (PDD) Portfolio.
- Enable me to design the space that will be primarily my study in our home that we moved into just before the course started.

I chose to do this design because it had clear boundaries, was relatively simple and it was important to me that I am intentional in how I put this room together to meet multiple needs in a way that is beautiful and easy to maintain. You only get a first go at anything once!

The name for this specific design was tricky, as I found it difficult to tie it down, but it ended up as '*A sacred space where life can flow*'. This is the first time since I left home at the age of seventeen that I have had a room of my own and I want to appreciate fully the space and freedom that gives me to flourish in my fifties and beyond.

BUILDING ON WHAT HAS GONE BEFORE

This design is also somewhere that I want to bring together the different strands of what I have learnt and developed during my PDC. In particular, to enable myself to build my designer's mind and experiment with how the 21st Century Grownups Model I created, that brings together my nursing background, my interest in how to expand our thinking and use of 'capitals' in everyday life, my campaigning for social and environmental justice and a curiosity about how to bring the ethics and principles of permaculture to the mainstream. All within an Action Research framework of cycles of action and reflection. So, I see this design as a way to gather up all those threads, identify patterns and processes, begin to form my own style and share my ideas and learning.

REFLECTION

I am mindful that I am a 'just get on with it' type of person and don't often pause enough to think about what I really want and how I can design for it – particularly in stressful, manic moments, such as moving house. So, I want to take some time to think up front this time and maximise the ability of the room to nurture me in all aspects of life that take place in there.

I also know that I have many ideas and things I want to do in the room, so I need to be careful that I don't overload it with expectations, so I end up frustrated, feeling guilty for not doing all the things, or both.

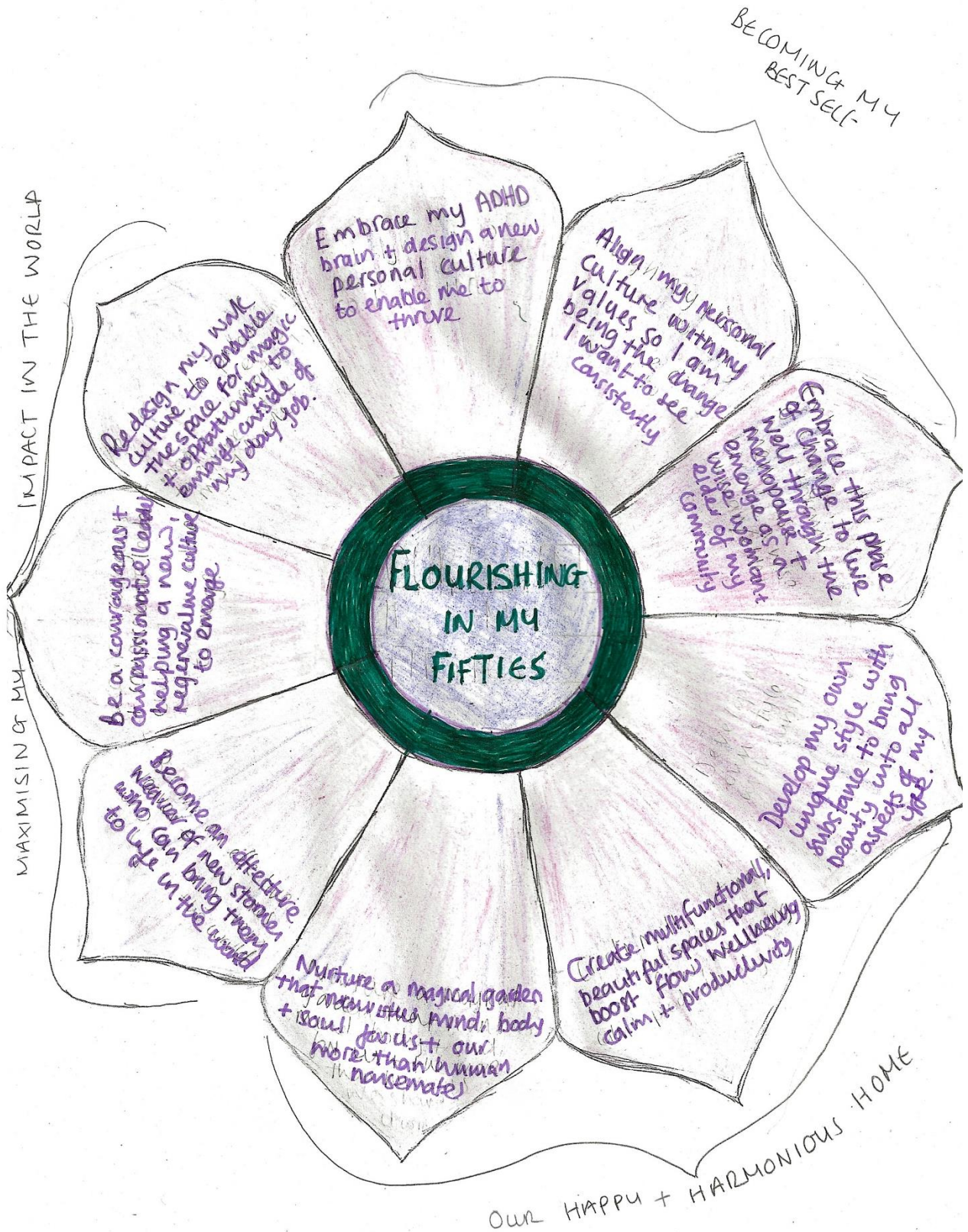
APPRECIATION

Every day I appreciate this room. Our new home, our new community. The peace and space and how I am so lucky to have what I have. I appreciate that my husband is working out of our lounge and doesn't have a space of his own in the house and that he prioritized creating the space for me. And I appreciate all I have at my disposal to make the room beautiful, productive, nurturing and easy to maintain.

I also appreciate the opportunity to flex my creativity muscles, find an outlet for my need to juggle multiple projects and connect the dots and become part of a community of people who are building

a better world through designing new cultures, new ways of living in the world and finding opportunities for co-creation and synergies.

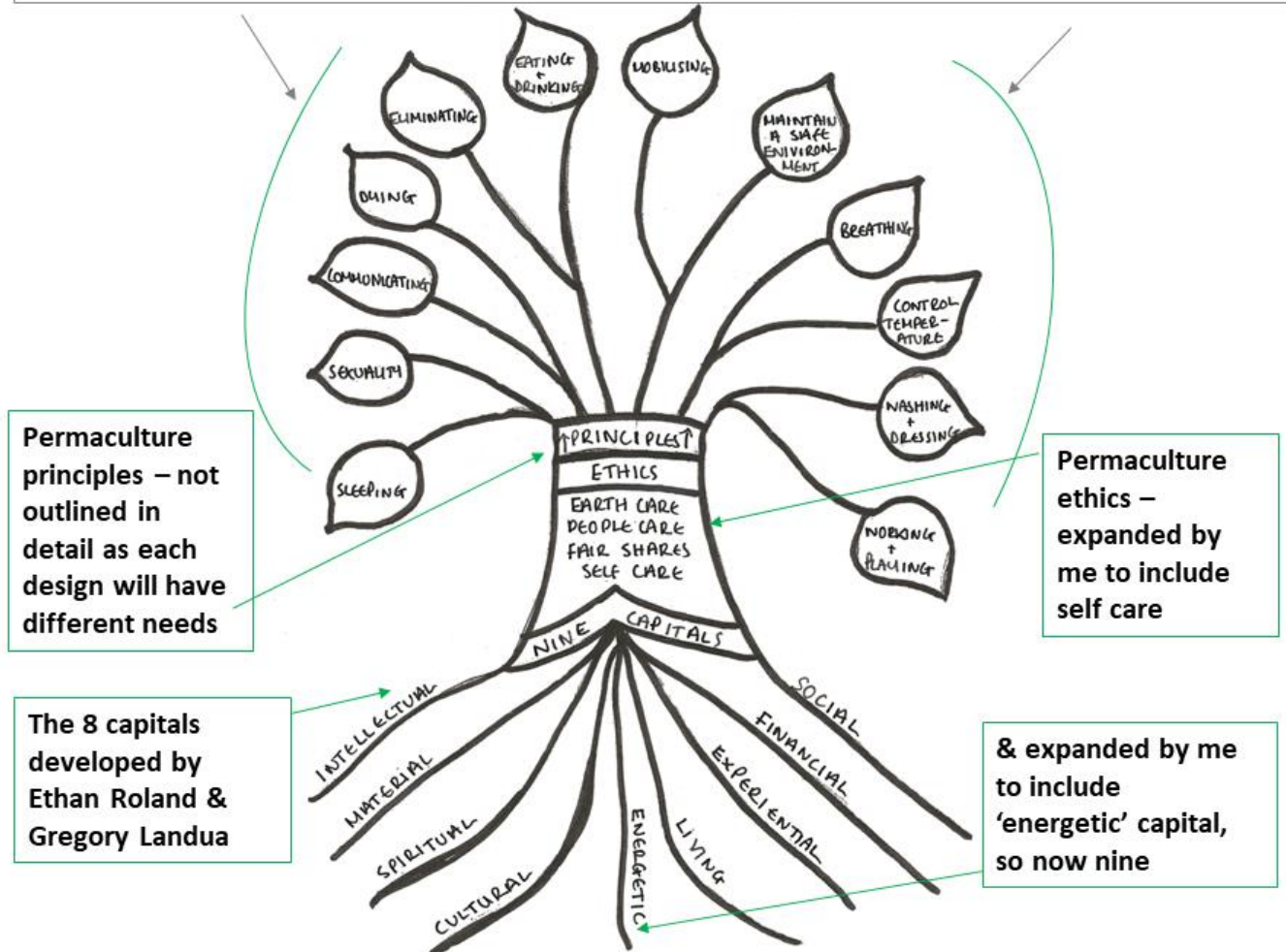
I have created the wider design concept, *Flourishing in my Fifties,* below to frame my Permaculture Diploma, which will act as a guiding star for all my designs over the next few years:



INTRODUCING THE 21ST CENTURY GROWNUP'S MODEL

This model is key to framing all of my thinking and design work. I am combining it with processes and tools, including the Design Web (Looby Macnamara) and GOBRADIME (Heather Jo Flores) to hopefully enable something new and useful to emerge that will hopefully be useful to others too. The diagram below explains the model and shows the sources for the different components.

The twelve Activities of living as described in the Roper, Logan, Tierney Nursing Model



THE DESIGN

VISION – what does a sacred space where life can flow look like to me?

It's beautiful, has zones for different activities that go in here. It contains links to the past and to the future. It has creativity and inspiration all around. It is clean, tidy and ordered, with minimal clutter and everything easy to access. It is peaceful and calm. Has good light and can be quiet so I can concentrate or daydream. It has enough space for me to write and draw and paint. Get my yoga mat out and stretch into my body. It embodies my style and what I stand for. It meets multiple functions and continually delights me. It's where I feel at home and can retire to in order to think, rest and be.

GATHERING INSIGHTS TO INFORM THE DESIGN

The space is primarily for me to use, so I conducted a series of brainstorming sessions, working through the Design Web to essentially interview myself. I also consulted my husband to see what he would want from the space and how he could help me implement the design. The rest of this document will gather all of those insights together, combine them with tools and show how the design will come to life.

HELPS - Skills

- I have a creative brain with lots of ideas. I can draw reasonably well and can create good graphics to enable me to put my stamp up and make the room my own.
- I am naturally averse to mess and clutter, although I often get into a mess before I tidy up, so thinking through how best to maintain the room with minimum effort is important.
- I am growing in confidence as a designer, so using the process systematically is helpful.
- My husband will help with DIY and thinking through how to put things together in the way that makes most sense for form and function.
- I did a Feng Shui course to learn how best to design for different energies.
- I have knowledge of multiple processes and frameworks, and developed my own model, the 21st Century Grown Ups Model during my Permaculture Design Certificate (PDC).

HELPS – stuff

- I have all the furniture and practical resources I need to provide the framework that will enable the room to provide the multiple functions I want it too.
- I have some savings that I can spend on beautifying the room.
- I have a lovely collection of items from my family history that I can put into an ancestors area and all I need for an altar.
- I have my Grandma's sewing machine, that I can use, lots of art supplies and a computer with a good printer, to enable me to write, draw and scan images to build my design.

LIMITS

- The room is quite small, so challenging to fit everything in I want and have enough space to enable me to move when I do yoga or other exercise in here.
- We have moved in and life has returned to the normal hurly burly, so prioritising the design is a challenge.
- I have arthritis and my husband has a bad back, so we have to take it easy.
- The walls are amazingly thick, so nails just bend, which means I need to find solutions to get art up!
- I feel like I don't deserve a space of my own when Paul doesn't have one and so may struggle to do exactly what I want and enjoy it as much as I want to.
- The activity I do most in here is work, so making sure it fulfils those work needs is important. But as I work mostly from home nowadays, I need to build in opportunities to break out of that, or it will become fully associated with work.
- The room is at the front of our house and close to the pavement, so need to keep the windows closed for privacy.
- I wanted my desk under the window, but that doesn't work practically, so have had to work around that.

PATTERNS

- I tend to hyperfocus and get totally caught up in work to the distraction of all else. So I need to break that pattern to create a more balanced life.
- I can get fixated on a particular idea and insist on bringing it to life, only realizing it's not what I wanted after it's finished, so how do I slow down to enable new ideas to emerge and the design to grow organically, rather than pushing it to completion and then wanting to change it straight away?
- I can be impatient, so need to learn to give my husband his own time and space, rather than getting frustrated if he can't meet my needs straight away.
- I am creative and have lots of ideas, so want to find a way to structure them, evaluate them and pause before implementation.
- I am easily distracted, so how can I create windows where I focus in and then allow myself to wander off into other thoughts or activities?

IDEAS

- Layout room using Feng Shui principles.

- Put up pinboard to hold my design ideas and make them visual
- Create an ancestors area on a shelf above my desk
- Get some art that connects me to Mother Earth and inspires me each day
- Create my own inspiring art, with quotes and images I love
- Organise the cupboards so everything has a place and aligns to what I need and where I need it
- Have a whiteboard for planning and thinking out loud
- Change the wall colour and the curtains.
- Get a rug for the floor.
- Investigate easy maintenance house plants and buy one
- Recover my Grandma's footstool to give it a longer life
- Create an alter space where I can meditate
- Fix my Grandma's sewing machine so I can start using it.
- Have a small pinboard near my desk for family, fun and practical tasks

INTEGRATION

Having worked through the previous stages, it is clear that in this instance, less is more. I have a great space, with all the furniture and equipment I need. Focusing on the needs I want to meet is the most important part of bringing the design together. Using the permaculture principles and ethics, deploying a variety of design tools and finding creative ways to deploy different capitals are at the heart of implementing the design. This next section walks through the different elements and then brings them together in the 21st Century Grownups model.

PRINCIPLES

There are many principles I would like to apply to this design, but I want to focus in on a key few, so that I don't disperse my energy and ability to deliver. I have chosen:

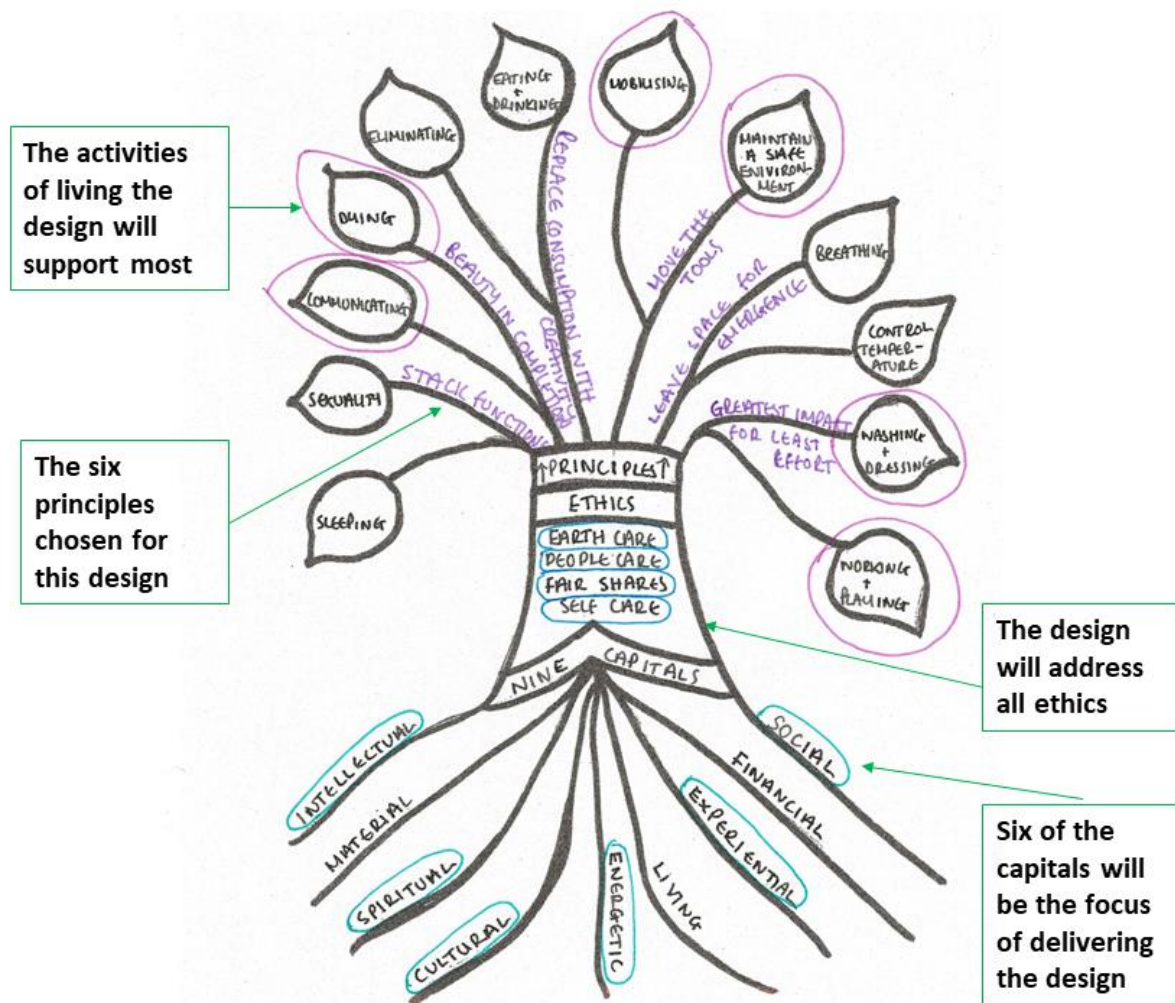
1. **Stack functions**
This is a multifunctional room and needs to be both beautiful and serve many needs. Achieving this without overcluttering the space needs careful design.
2. **Leave space for emergence**
Both in terms of not filling out the whole design at once and allowing space in the room for creativity and opportunity to emerge.
3. **Move the tools**
It's important to get on with it – use the process and get stuck in!
4. **Replace consumption with creativity**
As much as I can, I want to make, repurpose, upcycle or produce my own artwork, rather than spending money to buy new things.
5. **Beauty in completion**
This applies both to completing the design in stages, so it doesn't drag on and also ensuring that what is completed is beautiful.
6. **Achieve the greatest impact for the least effort**
This is critical, as I have a tendency to overthink, overcomplicate and attempt to do too much. This is also the mantra I am trying to adopt for my life, particularly in relation to work, so I want to really embed this into everything I do, so it becomes a core routine.

ETHICS

The primary focus of this design is towards self care – creating a space where I can flourish. However, the design will be implemented taking into account the other key ethics, by ensuring I reuse/repurpose where possible and buy mindfully and locally where I need anything new. In addition, as I work here and my job is about inspiring, challenging and supporting businesses to

deliver a just transition to the climate crisis, the ultimate purpose of the space will help to deliver on all the ethics, with a very strong focus on fair shares.

BRINGING THE DESIGN TOGETHER IN THE 21ST CENTURY GROWNUPS MODEL



ANALYSIS OF IDEAS, INSIGHTS AND OPPORTUNITIES TO PRIORITISE USING THE MODEL:

| Activity of Living | What do I need? | How can I deliver? |
|-----------------------------|---|---|
| Maintain a safe environment | A place where I can feel free to express myself, calm my mind, work and create, exercise and stretch, without worrying about other people's reactions and where I can swap between activities easily and safely. The room also acts as storage for various household items, such as our motorbiking kit, so that needs to fit in a way that doesn't impinge on other functions. | Layout using zones to ensure the space flows well Create relaxing surroundings with art I love and ideas Be able to shut the doors and windows when I need to |
| Communicating | I spend a lot of time on the phone or video calls in this room, so need to be comfortable, have the right equipment, lighting etc and be able | Positioning of the desk & screen Blinds at the windows Headphones when need privacy |

| | | |
|----------------------|--|--|
| | to create privacy when I need it. I also write a lot, so need a calm space without disturbances so I can concentrate. | Create a 'do not disturb' process/system so others know when I'm focusing |
| Washing and dressing | My wardrobe is in this room, as are my toiletries, so it doubles as a dressing room. I need space and privacy to dress, to be able to curate the clothes that make me feel good & organize them in advance of wearing them & a mirror to review. | Declutter the wardrobe to maximize what's beautiful and remove what isn't, what doesn't feel good & what I'm saving in case I can get into it again! Have my toiletries ready to hand post shower and create a routine to make sure I have my clothes ready before I get naked, so I don't have to worry about the window. |
| Mobilising | I exercise in here, mainly yoga, but in the winter I may do different classes. So I need a clear space to put my mat out and move around. | Ensure that the middle of the room is clear and that it is easy to put out the equipment I need. |
| Working & playing | These activities are at the heart of what this room is for. I work most days in here, so need to have the right amount of space and easy access to the tools and resources I need. I also use this space to play, through creativity, so being able to access my sewing machine, pull out my art equipment or dance around are all important. It will be critical to find ways to pull away from work, as I have a tendency to hyperfocus. | Layout of the room, using zones so that things I need most are close to hand. Set up the space for the best ergonomics so I can look after my body when sitting a lot. Add fun, creative prompts to remind me to get up and do other things. Make my priorities clearly visible to help me to focus on what's important |
| Dying | I am linking this to the development of my own spiritual path. So I need space to contemplate, meditate and reflect. To journal and have quiet time where I can just be. I also want to sort out the practicalities of my death, so I have everything in place and make it easy for others to know what to do, for when it is needed. | Create an alter for meditation Create a space for storing all the information about what to do in the event of my death and let people know where it is. Ensure my desk is clear and conducive to journaling on a daily basis, rather than leaving clutter around. |

IN PRACTICE, THE DESIGN WILL MEET MY NEEDS BY CREATING:

- A calm, organized space to work in, set up to look after my back and hips.
- The ability to easily transform my desk to a creative space, where I can draw and write.
- Some clear floor to lay out my yoga mat, dance or enjoy other ways to move my body.
- An alter where I can meditate, build my spiritual practice and reflect.
- Cupboards and drawers where I can store stuff for the wider household and activities, without the room looking messy.
- A beautiful environment that nurtures creativity, productivity and wellbeing, with words and pictures that inspire me by weaving the sacred into the mundane to nourish me daily.
- A place to organize and think through my designs and plans on big boards.
- An organized, zoned system to store key paperwork, books, resources for work and life.

AND WILL USE DIFFERENT CAPITALS TO BRING IT TO LIFE:

- **Social** – drawing on ideas and help from books, courses and people, to bring my vision to life and learn new skills.
- **Experiential** – building on the social to learn and practice things for myself, so I become more competent. Key here are learning to use my grandma’s sewing machine properly and building my confidence to draw and create my own art etc.
- **Energetic** – Everything is underpinned by energy, so I need to manage my own fluctuating energy through the process, ensure that what I implement makes the most of any energy (electricity and heat) and incorporate times of rest and reflection.
- **Cultural** – I have access to many books, magazines, inspiring quotes and artwork to help make the room feel good to me, build my own style through creativity and learning.
- **Spiritual** – My alter contains precious things to me, water and a candle to help cultivate my spiritual capital. I also want to create an ancestors’ space, to connect with what has come before me and embed earth based spirituality art around the room.
- **Intellectual** – I am hugely grateful for the access I have to intellectual capital from many sources and the opportunity to identify patterns, pull things together and enable new to emerge. Building my own intellectual capital will be a key focus on this space.

BY DEPLOYING A NUMBER OF DESIGN TOOLS:

- **Floorplan and overlays** – these help show the room to scale and add layers to give additional detail and insights. In this case, Feng Shui and zoning.
- **The 21st Century Grownups’ model** – this is the framework I developed in my PDC, to help me design a good life for the 21st Century.
- **Feng Shui** – the ancient Japanese art of designing to support the energy flows in spaces. I used the Bagua Map in appendix 1 to overlay on the room, with the base of the map at the doorway. I then thought through how I could maximize the energy in each area of the room, even where I couldn’t fit the design perfectly with the map.
- **The Eight (now nine!) capitals model** – that reminds me that there are lots of different ways to achieve my vision and that I want to ensure I am moving away from financial capital as much as I can.
- **The Eight Shields** – an interesting way to view energy, insights and opportunities within the design that reminds me to look at many different aspects of a problem and solutions.

ACTION

This design started in June 2021, shortly after we moved into our home. As I was working through the design process, I tinkered with the room to build in some of the ideas I was having. The room now feels right in its basic shape – the options were not huge because of the window, the door and the need to have big furniture in it. But it feels like it will meet my needs.

I also applied Feng Shui principles to the room, to explore how it might help me think differently about the design, and if I could maximise the energies of the room. I am curious about how that feels living in a room with those principles applied. I have three weeks holiday from the end of July to mid August, so I want to bring it to life during that time, so the implementation plan is:

| June 2021 | July 2021 | August 2021 |
|---|--|---|
| <ul style="list-style-type: none"> • Begin design process • Get a feel for being in the room and how it could fulfil needs • Unpack boxes to get rid of clutter • Work through the first few phases of design web | <ul style="list-style-type: none"> • Finish design web process • Implement structural changes <ul style="list-style-type: none"> ○ change desk layout ○ set up alter ○ buy a new chair to support back ○ fix sewing machine | <ul style="list-style-type: none"> • Tidy out cupboards & drawers & organize them • Put up shelf above desk & create ancestors corner • Create inspirational posters with my favourite quotes to go by my desk |

| | | |
|--|--|--|
| | <ul style="list-style-type: none"> ○ put up boards ○ Write up design | <ul style="list-style-type: none"> ● Buy a beautiful painting that connects me to mother earth for entrance |
|--|--|--|

THE ROOM:

The floor plans below show the base map to scale (a) and then in (b) with the Feng Shui map layered on top. It's interesting to think about how to maximise the areas that don't necessarily align with where I have my furniture and functions. Being able to organise books., photos and clothes to support the different areas gives the design process a nice feel and will hopefully help the room to flow.

a) Basemap



Map drawn by Gudrun Cartwright, July 2021.

Floorplans with a) Feng Shui map overlaid and b) zones outlined

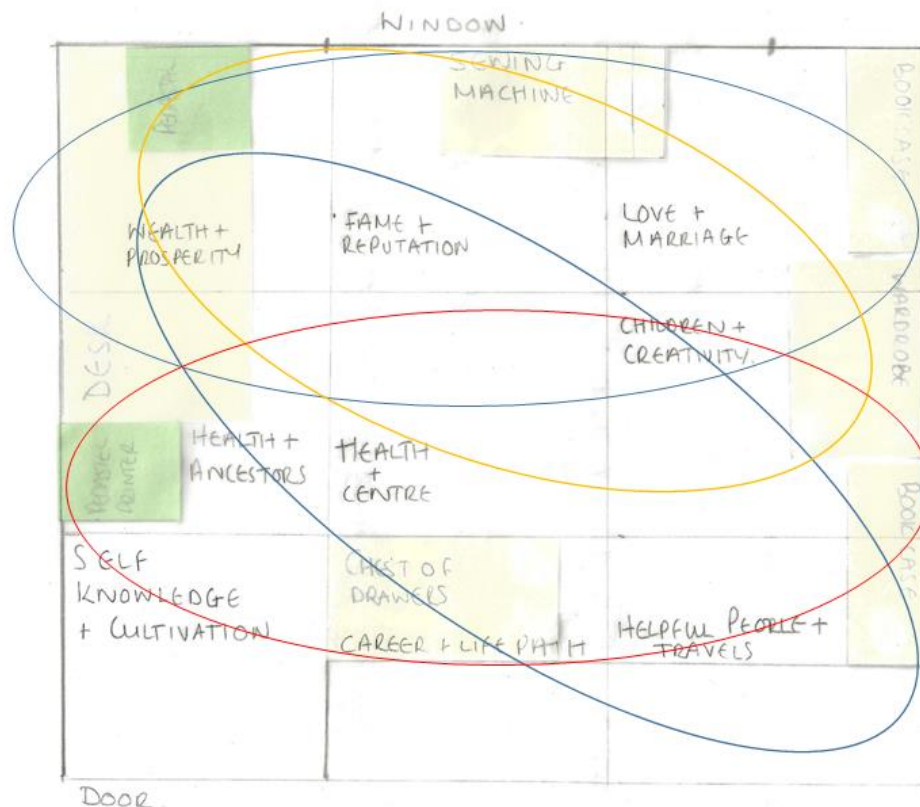


The Bagua Map layers different energies or areas of focus onto the room.

The room is divided into nine equal sections – note that if there is an uneven space (as there is here, where the bottom wall is not aligned to the door), you draw a whole square.

The bottom of the Bagua map is lined up against the door and then shows where the different energies are, so how best to position your activities.

If this isn't possible, you can add elements to those places to nurture that energy.



The blue ovals show how the work function in my design overlaps most of the room.

The gold section maps creativity across the room

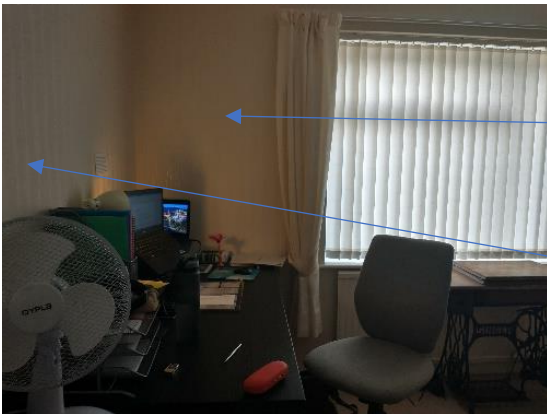
The red oval shows the primary area for nurturing physical and spiritual wellbeing.

BRINGING THE DESIGN TO LIFE



Cupboard doors will be used to put each design web anchor point on for current design, so I can see them and add to them as I go

A colourful rug for the middle of the room



Wall to the left of the window, next to the desk will be for rotating inspiring quotes and artwork.

Shelf to go over desk to hold current books and ancestors' shelf.



Large, inspiring artwork to go next to the door to remind me of my place in the interconnected web of life

Whiteboard to go above chest of drawers for notes and planning

First plant brought in and housed in existing pot – goal is to learn not to kill it with kindness and if I succeed, I will add more...



Pinboard to capture overview of each of the ten designs for my PDD

Small altar to sit at in meditation. Contains a few precious items and a candle. Will be added to and adjusted over time

MOMENTUM

The key elements of momentum building are to:

- Do the bits I dislike most first, so I can look forward to the fun stuff!
- Do it in little bits, so I don't get overwhelmed or overtired.
- Get order injected so it's easy to keep clean and tidy.
- Use my holiday as the time to get the bulk of the work done, so I can enjoy the process and go back to work all set up and refreshed.
- Create a schedule for ongoing tidying and maintenance, so it stays nice.
- Make art regularly and swap in and out to go with the flow.

REFLECTION ON THE PROCESS

Before I started the course

I already knew I wanted to design my study as a starting point for my PDD, so I knew what I would do. But I was unsure how the design web would apply to that kind of design. I had so many other designs I wanted to do, but really took on board the need to do something simple and straight-forward as my first design using the web, so I managed to restrain myself! I was looking forward to learning from Looby, Jon and the team and getting to know some new people, but with a few nerves about how I would fit it in, whether I would gel with people in this environment and how the process would work, as I knew it would be difficult for me to join the main calls.

Working through the material

It was great to get started quickly with the quick design process and then to be given tools like the 12 page download to build momentum. It felt strange at first to start with the reflection and pause anchor points, but I can see now that it was important to build that in up front. I also enjoyed combining principles from cultural emergence and wider permaculture resources, to come up with a range that was both quite short, but also meaningful to me.

The anchor points

The vision and ideas anchor points came easily to me. I also found the limits more easy to come up with than the helps, in terms of identifying what might hold me back. I guess that's aligned to my worry tendencies! Interestingly, as the process went on, and as part of a tutorial discussion, I realised that limits aka boundaries, are critical to a successful design, as it's only when you know these that you can effectively create what you want. Without limits you can go on and on thinking and thinking without doing.

Thinking of integration in terms of the needs I am trying to meet was helpful and the need to put a few loose timescales together gave some focus, but didn't overwhelm me in terms of too much detail. The momentum point was trickier, as there is a clear end point to this design and it will be finished quite quickly. However, it was good to plan in how to overcome internal barriers to finishing it and then how I could keep the space fresh going forward. A recognition that I need to set up systems and routines to ensure that what I create stays the way I want it too, as order, calm and beauty are critical elements.

Links to the eight shields

I love the eight shields model and how it all comes together to complement the design web. Thinking in terms of directions and energies is really helpful. I am not yet sure how I will incorporate them into designs – it felt confusing to go too far with this one as it was spatial and also using directions from Feng Shui, but I want to build that thinking into the social designs I create and how I think about/develop projects and engage stakeholders in my work.

Golden keys

Seeing the design as a container, rather than as another task on top of a busy life was a real aha moment for me. Thinking about how to embed design as how I operate in the world to enable me to juggle many plates gave me a different perspective.

I enjoyed incorporating the 21st Century Grownups model into the design and using it as a way to pull things together. I was pushed out of my comfort zone to redraw the model, as I wanted to turn it from a flower into a tree, to show how the principles, ethics and capitals flow into achieving the activities of living and the outcomes you want to achieve. I am pleased with how it turned out. It has been interesting to experiment with zones in this design – it was trickier than I thought to show them easily on a diagram, when there are multiple functions you are trying to zone in one space, so this requires more thought.

I also loved Jon’s illustration of the design within a design and how you loop round on a big design with lots of little designs, each one can help you get inspiration for the bigger one. And that you need to go with the energies of the day/situation and don’t push it. I know that the pause is most difficult for me, as I am an action focused person and can be impatient. But I also get burnt out and am often tired. So, mindfully building in pauses to stop, reflect and do something else like gardening is important for my wellbeing and effectiveness.

Working with others in the tutorial group was inspiring and I felt lucky to be sharing the experience with people from all over the world with such different perspectives and projects. I certainly learnt a lot from those sessions.

The design process

I enjoyed the circular process of the design, but felt confused for a long time as to how it would all come together into this written up document that would make sense to others and help me create my vision in real life. What helped was to start writing it up and the examples that Looby shared helped me to see how you can write up a design effectively using the web. Ultimately, I was getting stuck in getting it right, rather than getting it done and I needed to move the tools and just do it. Now that the design is written up, I am pleased with how it has all worked.

I also enjoyed drawing and pulling together ideas in different ways – getting the creative juices flowing was really fun.

Myself as a designer

I feel now that I am allowing my inner designer to blossom! I can see the potential and how I can weave design into all that I do to make the best of the opportunities and be more systematic and thoughtful in how I go. Moving round loops and connecting the dots is something I love to do and the design web is really helpful in making that happen.

I now feel confident to use the design web and am happy that I have created a framework for my PDC. I am also getting more confident in creating my own images and am looking forward to revisiting my PDC images to make them my own.

I am applying the design web at work, as I create project plans and am thinking about how to use it more broadly in terms of my health, relationships and how I use my time. Realising I can do a quick design and it doesn’t always have to be pages long or properly written up to be useful was a revelation.

EVALUATION OF THE DESIGN’S EFFECTIVENESS

The design so far has enabled me to map out what I need and want from this room, how I can creatively deliver it using multiple capitals and given me a framework to build upon for future designs. The table below evaluates the design against the goals I set:

| Goals | Evaluation |
|---|--|
| Become familiar with the design web as a framework. | I now feel familiar with the web and able to use it. I have created a number of tools to enable me to use it easily and quickly. |

| | |
|--|---|
| Weave the web together with other tools and frameworks, including the 21 st Century Grownups model to begin to develop my own process & tools . | I have really enjoyed bringing the 21 st Century Grownups model to life in this design and finding ways to experiment with different tools. I am starting to make connections see patterns emerging to help me build my own approach & nurture my potential as a designer. |
| Complete a quick design that will double as design one in my Permaculture Design Diploma (PDD) Portfolio. | I have enjoyed doing this quick design, although it wasn't as quick as I thought! However, it is now in a place where I can submit it for my PDD, which is great |
| Enable me to design the space that will be primarily my study in our home that we moved into just before the course started. | I feel I have a good design that will give me what I need and want from this space. I am moving into implementation now and know that there is enough potential for emergence and evolution over time. |

WHAT NEXT?

The design is now partway implemented. There are a few key things that I need help to do (put up a shelf and my whiteboard), but the rest is down to me and will be fun, as it is adding the creative touches. My holiday has enabled me to make good progress, so I now need to make sure I keep the momentum going as I return to work.

Creating opportunities to pause and review this design

The room is where I work, so thinking about pauses and how I build them in will be vitally important. I meditate each day in this room and write my journal here. They are great opportunities to pause. And I will pause between each phase, to enjoy what has been achieved so far, before moving on to the next phase. Pausing for me will also mean getting out of this room, to get some space and a different perspective – particularly important to get outside and connect with nature and my garden, so I don't go stir crazy, inside all the time – which is easy to do when I get hyperfocused on work.

I will plot in some specific times to review and will set new goals, as needed to help the design evolve and emerge. I propose that I review the design, along with other designs I create as part of my diploma, in line with the equinoxes and adjust/review as I go.

I will use the Positive, Negative and Interesting framework to evaluate the design and write up a short reflection each time.

What after this design?

The next step for me is to reflect on the rest of the designs I want to create for my diploma and to think about what I want to work on. I don't know whether that's several at once, because they cross over, or one at a time. I also want to build on what I have done here to combine the 21st Century Grown Ups model and the design web with other tools to create a useful process for me and then share it to help others develop ways to live a good life and be part of building a regenerative culture to address our planetary crises. I am inspired and excited about the possibilities and have dreams to write a book, create a course – who knows what could emerge!

I have also learnt that I can deliver a small part of a big, overwhelming project in a short timescale if I focus in and will apply this to future personal projects and at work. Using the design process as a tray to hold everything else in a creative and structured way is a hugely useful analogy for me and I will hold this in my mind in the future.

I am looking forward to getting stuck into my PDD and feel much more confident that I can complete it in a timely manner and really make design my friend to help me organize my life, build in calm, unleash my creativity and build my artistic muscles. Thankyou to all who led, co-ordinated and participated in this journey too. I hope our paths cross again soon!