



Subject line: Saving ourselves - It's on us!

Hey, Wellness Warrior. Lend me your ear just for a moment. I'm reaching out to you today because I know you care.

I know you to be a true believer whose heart is in the right place. In my humble estimation, you are one of the positive-impact changemaker whom I'm blessed to have a connection with.

Still, none of us are immune from experiencing burn-out. It is not uncommon to be frustrated when our efforts apparently fail to move the needle on social justice and environmental sanity.

When the world seems hell-bent on hurtling towards one catastrophe after the other, unphased by your hundreds, (thousands!) of hours logged in organizing, protestation and righteous indignation, it is necessary to administer self-care.

Not only that. It is also critical to evaluate strategy and tactics:

"Am I just spinning wheels in the sand?"

"Am I being the change I want to see?"

"Are you playing the 'long game' response or do you react to each expression of injustice?"

These are just a few questions which come immediately to mind.

Here's a question for you:

Have you ever heard of **Eco social Design**? It's a real thing:

"Ecosocial Design means actively reorganizing human activity on the planet so that the twin goals of *ecological regeneration* and *social justice* continue to emerge with ever greater vigor and speed."

This is an actual subject which you can study, while blazing your trail as a Positive-impact Changemaker.

According to Andrew Langford of Gaia University, Ecosocial designers are "adept and skilled architects of their own situation/context and can translate those skills to their communities." They are empowered to "facilitate other people in their journey from passive acceptor of the status-quo towards a pro-actionist world-changer"



I don't know about you, but these words describe my life purpose. If your curiosity is peaked even a little bit, click on the link below. It connects you to a [FREE introductory course](#) on a closely related theme to Ecosocial design -Regenerative Livelihoods. It is self-paced and can be started anytime.

You will find it to be empowering, enlightening and a breath of fresh air. Check it out and drop me an email letting me know how you found it.

Drop me an email regardless. (You don't need an excuse to connect with me)

Peace & Blessings

Aboyade.

<https://gaiauniversity.org/courses/rld-regenerative-livelihoods-by-design/>

P.S. Forward this valuable course to all the other changemakers in your orbit. it's FREE...with no strings attached. Promise.