

Ten Forms of Capital
Strategic Plan

Reminder: you are expanding your idea of wealth and poverty. As you create your strategic plan for this year, note where you are already abundant and where you would like to create more abundance.

Temporal Capital

...is the number of years, months, weeks, days, and minutes you have on this beautiful planet. How do you spend your time? How do you make the best of your most limited capital?

How do you spend your current Temporal Capital?

What do you want to allocate your time this year?

Pleasure Capital

... There are many forms of pleasure. The simplest level is pleasure at a sensory level. There is also the pleasure of social connection... of being seen and known... The pleasure of creativity... The pleasure of having influence in the world... the pleasure of leading a values-driven life... And ultimately the pleasure of being your authentic self in the world...

What Pleasure Capital do you already have? What forms does it take?

In what areas do you want to enhance your pleasure this year?

Emotional Intelligence Capital

... includes how you know yourself, manage yourself, how you know others, how you manage your relationship with others and how you motivate yourself. Key elements of this capital are: attachment, how you deal with triggers, and very fundamentally, how you calm yourself when you are subjected to either internal or external stressors.

What Emotional Intelligence Capital do you already have?

How do you want to grow your Emotional Intelligence Capital this year?

Knowledge Capital

... is the embodied knowledge that you have and will take into action. We are the sum total of a lifetime of experiences.

What Knowledge Capital do you already have?

What Knowledge Capital do you need now to prepare for the future? How will you grow you Knowledge Capital this year?

Social Capital

... is your friends, family, community, colleagues, teachers, students, clients, suppliers and intimates. Influence and connection are social capital. Robust social connections are one of the biggest indicators of resilience. You could lose everything and your community and family will get you back on your feet.

What is your current Social Capital?

What do you want to do to strengthen/increase your Social Capital this year?

Financial Capital

... is the capital we tend to be most familiar with: money, investments, and currency. More than amount of money, this is related to your sense of abundance and how much do you make and how much you spend. What is the reality of your cash flow? Cash flow is to life what blood flow is to the human body.

What were your sources of income last year?

What were your expenses by category?

Was your cash flow negative or positive?

How much debt do you have?

How much do you have saved?

What is your cash reserve?

What is your budget for this year?

How do you want to effect your financial capital this year?

Material Capital

... Non-living physical objects form material capital. This includes all the things you own: your home, tools, car, computer, other technology. Having the tools and supplies you need is a major key to resiliency.

What Material Capital do you already have?

What Material Capital do you have that you no longer need?

What important important Material Capital purchases do you need to make this year?

Living Capital

...is made up of the animals, plants, water and soil of our land—the true basis for life on our planet. Your body is your most precious form of living capital and is intimately related to all those other living forms that support your life.

What are your current Living Capital resources?

What are your health goals for this year?

What are your goals around Living Capital for this year?

Cultural Capital

... All the other forms of capital may be held and owed by individuals, but cultural capital can only be gathered by a community of people. Cultural capital describes the works of art and theater, the songs that every child learns, the ability to come together in celebration of the harvest or for a religious holiday. This includes our connection to the wisdom traditions of the past.

What is your current Cultural Capital?

What do you want to do to develop your Cultural Capital this year?

Spiritual Capital

... As we practice our religion, spirituality, or other means of connection to self and universe, we may accumulate Spiritual Capital. This includes your connection to something larger than yourself, your sense of your place in the world, your practices, and your cosmology.

What is the state of your current Spiritual Capital?

What do you want to do in this area this year?

Note on sources:

We have been inspired by the 8 Forms of Capital as described by Ethan Roland and Gregory Landua, who wrote in the context of permaculture.

To their list, we added Temporal Capital, Emotional Intelligence Capital & Pleasure Capital.

After a discussion with Chris Martenson, we have also combined Intellectual and Experiential Capital into Knowledge Capital (as we only really know something when we engage our minds and our bodies in action).

For more info, check out these resources:

“8 Forms of Capital” by Ethan Roland & Gregory Landua www.appleseedpermaculture.com/8-forms-of-capital

Regenerative Enterprise: Optimizing for Multi-Capital Abundance by Ethan Roland & Gregory Landua

Prosper!: *How to Prepare for the Future and Create a World Worth Inheriting* by Chris Martenson

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