

Management of sustainable development and personal leadership

By JOSEFIN LASSBO, Reflective Circle Publishing

Introduction.

Dear reader and co-creator of our mutual future.

This book is written to you.

You are the one who reflects upon how things work and does not work in our world, our community and yourself. You are curious and want to move forward. You want to get closer and deeper and you constantly question and relentlessly explore the mystery

of why and what you are doing here. You have an idea or you just have to get something of your chest. You already know that it just isn't possible to separate the different parts that combined is what makes you complete and completely unique as an individual. Just like I have, you have probably tried to separate the professional part of you from the personal part of you, splitting yourself into separate characters with different

vocabularies and agendas until eventually the realities get so far apart you can no longer hold the two (or more) together in a peaceful coexistence. Life, as you want it to be, is constantly ahead of you, as in "soon", "after this" or "once I'm done with what I'm doing at the moment" but you never really get there, do you? The whole idea of "getting there" appears to be a mirage. This book is written to be your companion. A declaration that you are not alone and that together we can find a way back to what makes you unique and from there it is easier to make the right decisions and at the same time experience more happiness and satisfaction.

Perhaps you feel that deep within you there is something that you have forgotten... what it once was that made you choose this path in life. Your profession? Your partner? How did you get here? What steps brought you to this point and what are you supposed to do with your accumulated life experiences to feel the satisfaction of being able to contribute in the right way with your unique gift. What was once so important to you? The sparkling sensation in your belly that used to wake you up to burst out of bed in the morning, because you just couldn't wait to get back to whatever it was you were doing... what was that?

This book is written to help you remember and to show you a way to retrieve what belong to you: your life purpose. It will give you direction, help you navigate and find out what is meaningful to you. One of the great side effects you will experience once you learn to navigate on your own is that your ability to guide and lead others also will increase. You will treasure your personal achievements higher and gain an overall sensation of happiness in life. Once you are conscious of your life-purpose you will find it easier and more exciting to manage yourself in a sustainable way regarding work and relationships. Then you can successfully contribute to the common wealth of our mutual and more sustainable future and partake in the paradigm shift that arises around us. We are all needed for this to happen. Each and every one of us on every level of our society. It makes no difference if your work is cleaning the streets or whether you're the president. You are important.

The issues in this book have been in the peripherals of my life for the past ten years. The structure is based on the Reflective Circle. The six cornerstones of the circle are: Reflection, Revolution, Evolution, Creation, Communication and Manifestation and the circle is a model and a method for development that I have devised on empirical basis during the past ten years. Each one of the cornerstones in this circle is a part of the creative and reflective design process. A process of development in a forward momentum, whether the design concerns clothes, strategies, visions or even ourselves as individuals. The way I see it, there is no difference. The satisfaction for me is to get to the essence of the seemingly chaotic and from that new point of reference, develop the matter further point by point. Expressing the complex in a straight forward, simple, logic and useful way is perhaps the most difficult. There is always a risk of being excluding and elitist (What?! You don't get it?! It's so obvious to all of us with degrees in quantum mechanics/ who have visited every exhibition at MOMA/ who have spent seven months meditating in a cave...) or to strip and rationalize the statement into what is then too simple and therefor no longer carry any meaning.

In this book I focus on the process of personal development since I'm convinced that every major development in society as well as on the global scale origin in the individual. We have got to start with ourselves. Every business, decision and action plan starts with two individuals. Two individuals meeting and sharing something. Only then magic can happen and in the space between them the third materialize. This would be impossible if there was only one. This is the magic of synergy. Once two get together the result is greater than the sum of both parts.

Reflection is to see things for what they are, without judgment.

Revolution is to look for alternatives and comfort and strength in your own decision.

Evolution is to be attentive to allow the process to develop and follow that development.

Creation is to be present and determent in creating something of value.

Communication is to reach out to others with a purpose.

Manifestation is to make your plans into reality.

The first three concepts of the circle: Reflection, Revolution and Evolution concerns an internal process: the being and the inhale, and this constitutes the first book.

The latter three: Creation, Communication and Manifestation concerns an external process: the doing and the exhale, and this constitutes the second book.

Every paragraph ends in a short summary using these three recurring points:

- Reflection
- Action
- Question

Reflection highlights the gist of the paragraph. Action are suggestions to make real life practical use of intellectual knowledge in everyday situations. The Question regards the shift of focus of the subject from My experience to Your experience (This

is actually where it gets interesting, right?!) Therefore I have made room for you to write and articulate your own path.

It is possible to start from any of the chapters in the book and to skip back and forth as you please. Some parts and paragraphs will strike you as more valuable to you depending on your life situation and your accumulation of experience and perhaps even the experience of the different chapters will change and develop as you read since each one can provide new perspectives. The only thing that matters as you read is that you reflect upon your own experiences, memories and emotions and consider how these can help you get closer to achieve what it is you wish to accomplish as well as how these effect your internal and external process. To make these two (internal and external) processes harmonize and illuminate and clarify your experience of meaning and happiness in life is my ultimate ambition writing this book and I wish to share this with you who also have ideas and goals set up to accomplish. You who long to reconnect with your inner core which is truly unique to every one of us and encapsulate our grand potential. This is knowledge that can't be taught, it can only be achieved by the individual's experiences, their reflection and their stubborn and indisputable will to learn. This sort of knowledge is necessary in every sustainable development.