



HUMAN SYSTEMS  
DYNAMICS INSTITUTE

## **Merry-Go-Round of Reaction: Choose One Wise Step**

The following questions engage you in continuous Adaptive Action cycles of observation, reflection, and action. Reflect on each question and its implications as you face choices and opportunities.

### **1. What are three most important things about the present?**

*Consider the challenge or opportunity you face in this moment. Record the three most important things about that challenge—connections, health, financial security, current risks or opportunities, or other issues that are important.*

### **2. What do you want to be same or different in the future?**

*Consider how you want your future to look, relative to those three things. What do you want to remain the same? What do you want to change? Weigh best case against worst possible case. Reflect on your aspirations.*

### **3. What is for sure, and what are your questions?**

*What holds you back. What keeps you spinning? Record what you know to be true and clarify questions carry. What is known by you? What is unknown, but the answer is available? What is unknowable?*

### **4. What contradictions do you see?**

*As you review your responses to the first three questions, what contradictions do you see? Identify parts that just don't fit together. Ask yourself, "On the one hand, I see \_\_\_\_\_. On the other hand, I see \_\_\_\_\_."*

### **5. What has surprised you recently?**

*Sometimes the surprises in life point to important information. Consider surprises you see. Why were you surprised? Were you prepared? What signals did you miss?*

### **6. What is one thing you can do to make a difference?**

*Move to action. Identify how you might make a difference. List at least five actions; consider them all. Pick one thing you can do. Go take that action and see what happens. Then start again.*

Nothing is intractable.

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