Exploring Systems

Write your name in the center of a blank piece of paper. Around your name, write down the formal and informal human systems that you are part of. Start from your personal systems closer to your name (family, friends, co-workers), and then move out toward larger systems (the organization you work for, the community where you live, a cultural or faith community, etc.).

Draw lines to illustrate connections between these systems, until the page starts to resemble a web.

Circle the systems where you see yourself currently engaged in a change initiative, and draw arrows from your name to the systems where you would like to influence change. What is your role in each of these systems?

Revisit your web occasionally and observe how dynamic your systems are.