The View from Above

> *"Look down from above on the countless herds of men and their countless solemnities, and the infinitely varied voyagings in storms and calms."*
>
> Marcus Aurelius, Meditations 9.30 (tr. Long)

Write the problem at the centre as it feels right now. Then move outwards one ring at a time, writing a line at each. The problem does not disappear. It returns to its real size, and real size is easier to deal with.

What feels overwhelming right now

ZOOMING OUT	WHAT I NOTICE FROM HERE
This room	
This street or town	
This country, today	
A year from now	
A hundred years from now	

Back at full size: what is the one part of this that is mine to deal with?

One small thing I will do about it

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