

Worldview Journey

Travel Journal



Worldview
Journeys

Name:

Year:

Worldview Journey Travel Journal

By *Worldview Journeys Foundation*, 2023, Zeist, the Netherlands.
Supported by *Pathways to Sustainability*, Utrecht University.

START. Welcome to the Educational Worldview Journey!

- Why the Worldview Journey?
- How does it work?
- How to use this travel journal?
- How will you be assessed?
- What can you expect?
- How can you get the most out of the Journey?
- What do other students say about the Journey?



START

EXPLORE

EXCHANGE

EXPAND

FINISH

EXPLORE your worldview. Gain perspective on your perspective

- Learning goals
- Step 1: Excavate - Take stock of where you are
- Step 2: Absorb - Consider new knowledge
- Step 3: Experience - Take the Worldview Test
- Step 4: Observe - Reflect on your test result
- Step 5: Deepen - Think aloud in small groups
- Step 6: Exchange - Discuss in the whole group
- Step 7: Consolidate - Articulate your learning



EXCHANGE across worldviews. Learn to learn from other perspectives

- Learning goals
- Step 1: Excavate - Take stock of where you are
- Step 2: Absorb - Consider new knowledge
- Step 3: Experience - Have a conversation
- Step 4: Observe - Reflect on your conversation
- Step 5: Deepen - Think aloud in small groups
- Step 6: Exchange - Discuss in the whole group
- Step 7: Consolidate - Articulate your learning



EXPAND your worldview. Cultivate a planetary perspective

- Learning goals
- Step 1: Excavate - Take stock of where you are
- Step 2: Absorb - Consider new knowledge
- Step 3: Experience - Do the Deep Time Walk
- Step 4: Observe - Reflect on your walk
- Step 5: Deepen - Think aloud in small groups
- Step 6: Exchange - Discuss in the whole group
- Step 7: Consolidate - Articulate your learning



FINISH. Sow seeds to plant new intentions for your life and learning

- Some resources for further learning

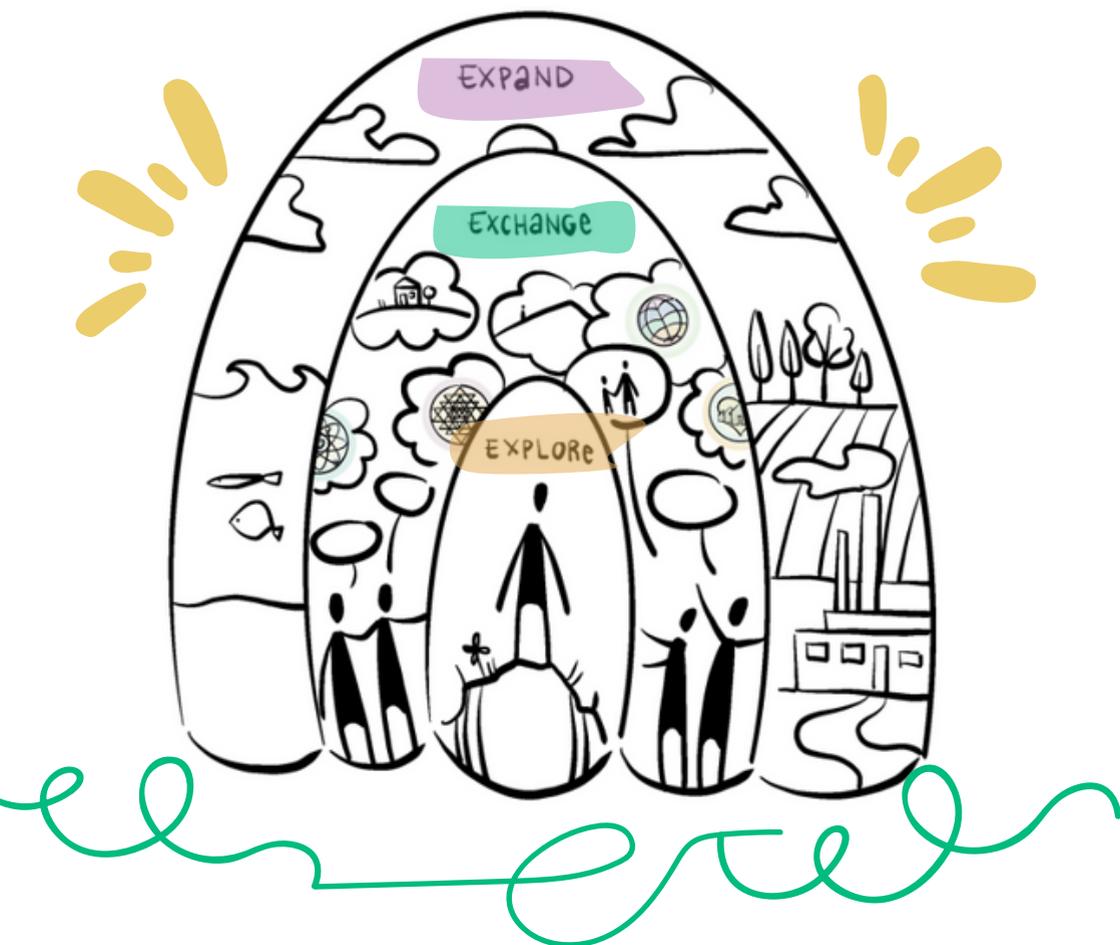
Welcome to the Educational Worldview Journey!

The Educational Worldview Journey, or *Worldview Journey* for short, is a transformative learning approach consisting of three deep learning journeys (of ± 4 - 6 hours each), which invite you to:

- **EXPLORE** your worldview, and *gain perspective on your perspective*;
- **EXCHANGE** worldviews, and *learn to learn from other perspectives*;
- **EXPAND** your worldview, and *cultivate a planetary perspective*.

These three journeys build onto each other, and can be summarized as *Explore*, *Exchange*, and *Expand*.

Watch the introductory video to get started and meet your 'travel guide'!



Why the Worldview Journey?

We live in a deeply troubled time, characterized by crisis and rapid change, profound uncertainty and great possibility. *Psychologically*, we deal with pervasive mental health-, meaning-, and loneliness-crises. *Culturally*, we're faced with intense polarization, a radicalization of worldviews, and intractable 'culture wars'. *Systemically*, we're confronted with deep inequity, democratic decay, and an ecological crisis (i.e., climate, biodiversity, food).

Considering all these crises, voices increasingly argue that "*nothing less than a wholesale shift of mindsets is needed*" (UNDP, 2020). That is, in a world in need of profound change, we would do well to *reconsider* how we relate to our world, to ourselves and each other, to nature and the future. We thus need to reflect on our *worldviews* ~ the big stories through which we make sense of our experience and world. Or to say that in other words: we urgently need to rethink *who we are, where we come from, and where we are going*.

This program offers you a unique opportunity to do so and *explore, exchange, and expand your worldview*. This, so that you can develop your self-awareness and self-leadership (*take perspective on your perspective*); enhance your capacity to listen to and collaborate with others (*learn to learn from other perspectives*); and understand yourself in a larger context and develop your 'inner compass' in the chaos and complexity of this time (*cultivate a planetary perspective*).

This program may (according to participating students):

- Empower reflection ('thinking about thinking', 'learning to learn');
- Deepen the conversation (in the classroom and beyond);
- Build trust and foster peer-learning;
- Support well-being and mental health;
- Cultivate intellectual humility and enhance openness;
- Strengthen a sense of world- and Earth-citizenship;
- Provide hope, meaning, and perspective in a world in crisis.



"Our greatest freedom is the freedom to choose our attitude."

~ Victor Frankl (author, psychotherapist)

"Transformative learning invites the experience of seeing our worldview rather than seeing with our worldview, so that we can be more open to and draw upon other views and possibilities."

~ Stephen Sterling (professor)

START

How does it work?

The Worldview Journey offers you an opportunity to examine your attitudes, values, and beliefs about the world and nature, your self and your relationships, using a *transformative learning* approach. Such an approach has potential for (deep) change in how you experience, understand, and interact with the world.

The Worldview Journey is therefore *not* oriented to you mastering a body of knowledge, though it uses knowledge to support your reflection process. Instead, it aspires to effect a change in your understanding and meaning-making, potentially engendering a *perspective shift*. However, what this shift will look like, or what direction it will take, is different for everyone. This program thus tries to support you in *how* to think, not *what* to think!

A perspective shift can feel like an *AHA! moment*. However, because it is often quite subtle, it helps to keep close track of how your understanding is changing. The seven-step learning cycle and this journal will support you with that.

A journey of seven steps

In each journey (*Explore, Exchange, Expand*) you go through a learning cycle consisting of seven steps. This learning cycle is designed in accordance with what the learning sciences have discovered about how people learn and develop. Going through these steps will help you optimize your learning and become aware of how your understanding is changing.

Every time you **take step 1 to 4 by yourself, as preparation for the live meeting**. The time together is then used for interaction, deep dialogue, and learning from and with each other (step 5 and 6). After the meeting you will take some time to consolidate your learning and translate it into action (step 7).

Don't come to the meeting without having done the preparatory work, as you'll miss out immensely! It will be interesting, fun, and worthwhile!

Seven-Step Learning Journey

7. Consolidate

Articulate your learning



6. Exchange

Discuss in the whole group



5. Deepen

Think aloud in small groups



4. Observe

Reflect on the activity



3. Experience

Engage in an activity



2. Absorb

Consider new knowledge



1. Excavate

Take stock of where you are



How to use this travel journal?

The intention of this journal is to guide you through the seven steps of each journey, while supporting you to formulate your learning goals, questions, and insights. It thus helps you strategize, empower, and document your learning.

Try to journal a lot throughout this process! See this journal as a *paper mirror* that supports you to 'think about your thinking'. Naming your experience objectifies it, so that you can see yourself, your thoughts, and perceptions from a different angle. And no need to worry about spelling, grammar, or correct sentence formulation - this journal is for your eyes only!

Research has linked journaling with a range of benefits in the sphere of physical and mental health and well being. It also enhances your learning and its integration, while supporting you to track your changing understanding.

How will you be assessed?

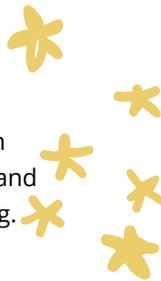
At the end of the complete program - thus after the three journeys - you need to submit a short reflective essay (\pm 1000 words) that describes how you experienced these journeys, what you learned from them, what kind of changes in your understanding you have observed, and how you hope to translate them into your studies, development, and life.

If you have done the homework, participated in the meetings, and made notes throughout, writing this essay should be quick, easy, and fun, while practicing your metacognitive skills and consolidating your learning.

What can you expect?

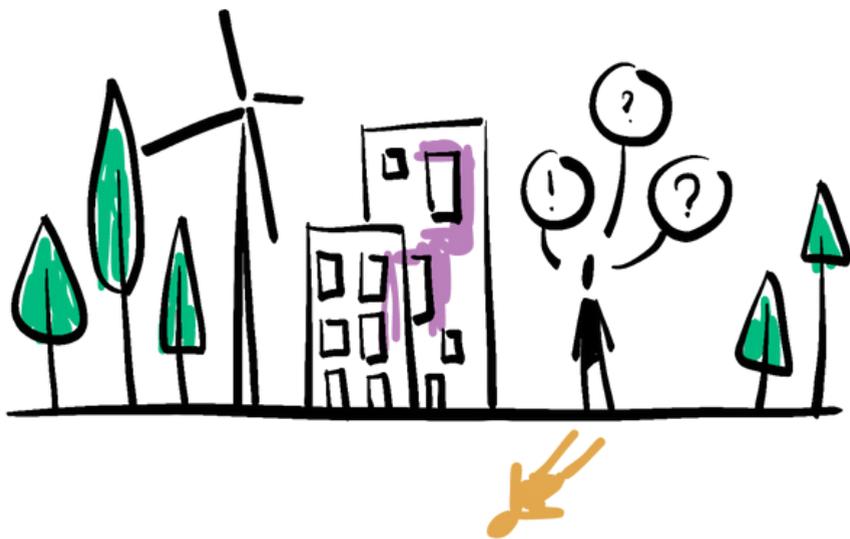
Transformative learning can be uncomfortable or challenging as it asks you to reconsider your taken-for-granted assumptions. Some learning methods may also be different from what you are used to. However, we aim to create a safe space in which everyone feels encouraged to explore and express themselves.

When you experience challenge or discomfort, take a few deep breaths, hang in there, and appreciate yourself for your perseverance! This cultivates a *growth mindset* ~ because it is when we're challenged that we're actually learning! Research has shown that embracing challenges as signs of growth (instead of 'failure' or lack of talent) greatly enhances your results and overall success.



How can you get the most out of the Journey?

- ✓ Do the homework and show up to class!
- ✓ Participate actively: speak up! Your voice is important and your learning is enhanced when you express your ideas, questions, and concerns.
- ✓ Be sincere and share your true self.
- ✓ Breathe through any discomfort, embrace the challenge, and applaud yourself for learning and growing. Cultivate a growth mindset!
- ✓ Don't hesitate to ask for help when you need it! Reach out to your teacher or fellow students. We are here to help one another!
- ✓ Journal to clarify your thoughts and reflect on how your understanding is changing. Make notes of everything that stands out to you.
- ✓ Have fun! Use this opportunity to reflect on your self and your world, and exchange deeply with your fellow students. Enjoy this journey!



"The passion for stretching yourself and sticking to it, ... especially when it's not going well, is the hallmark of the growth mindset."

~ Carol Dweck (professor, author)

What do other students say about the Journey?

"It was really interesting and mind opening." *"Positive and enlightening."*

"I thought that it was very educational and opened my mind to many different perspectives." *"Fun."* *"It was great to have space to reflect."*

"I liked it a lot to get to know myself better as well as thinking about questions that I had never asked before." *"It was a positive, exciting experience."*

"I ... enjoyed the big, deeper questions." *"It was eye-opening and inspiring."*

About the learning format and methods

"The preparatory steps were really interesting and helpful. I liked that we had time to think by ourselves, alone, about what we really believe in."

"I thought the videos were really interesting and nice to watch."

"I liked ... first noting down what you thought you knew ... and then learning more about it. This made it easy to see the concrete learning that took place."

"I liked keeping the travel journal and writing down things as I learned more. It helped me sort my thoughts and note things I discovered or found interesting."

About the interactive exercises

"Initially I thought this was very scary, but very quickly it felt safe and above all interesting. "

"I really enjoyed the duet. It fostered a great conversation."

"... the idea of letting the other person speak and only listening has taught me aspects I want to implement more in our fast, rushing and discussing world."

"I ... think that verbally expressing my thoughts ... is helpful to get a better understanding of myself and my worldview."

"... conversations have helped me to ... recognize what is important to me and what I have prioritized in the past and what I want to prioritize in the future."

About 'Explore' ~ Gain perspective on your perspective

"It evoked a lot of thoughts and provided me with some useful new insights about my way of viewing the world and how I relate to others."

"I feel like I have learned more about myself and how I look at the world."

"It has helped me to also accept myself in a way. ... Now I understand the bigger picture behind my values and thoughts, it helps me to understand myself."

About 'Exchange' ~ Learn to learn from other perspectives

"...it has helped me to ... be more tolerant and accepting of other worldviews."

"The most valuable element in this journey has been being able to talk freely about my worldview and listening to the others' ones."

"I have gained more respect for the different worldviews."

"It helped me to think of every opinion as a true opinion and not only see my own opinion as a good one."

"It is particularly useful when it comes to solve global challenges, given that we need to have everyone on board."

About 'Expand' ~ Cultivate a planetary perspective

"...allowed me to realise how much I value nature."

"I feel more connected to the universe but also insignificant at times. But the valuable insight is that I want to leave this earth having made a change."

"It helped me feel part of something bigger than me and also helped me understand the multiple possibilities in life."

"I am not pessimistic any longer when I change my perspective to a planetary or universal level. It reminds me how small I am and that leaves me satisfied..."

"it has re-enforced my sense of purpose: I am part of an interconnected whole and through my interactions, I have an important impact on the world."



Level 1: Explore your worldview

Gain perspective on your perspective



"We don't see things as they are, we see them as we are."

~ Anais Nin (author, artist)

"Paradigms are powerful because they create the lens through which we see the world... The more aware we are of our basic paradigms... and the extent to which we have been influenced by our experience, the more we can take responsibility for those paradigms, examine them, test them against reality, listen to others and be open to their perceptions, thereby getting a larger picture and a far more objective view."

~ Stephen Covey (author, businessman, educator)



Learning goals

In this first journey, the main aim is to get insight into your own worldview, and cultivate your capacity to *take perspective on your perspective*.

This means that, instead of being completely *embedded in* your views and positions, you can *look at* them, with some distance and neutrality. That is, you are invited to 'look at how you look' and 'think about how you think'. To explore and contemplate the deeper beliefs, values, and attitudes that guide your life.

This is sometimes referred to as *metacognition*. It creates awareness and choice as to how you want to engage with life. This is powerful, because, as Victor Frankl put it, "*our greatest freedom is the freedom to choose our attitude*"!

But before we engage this deeper exploration, you'll take stock of what you already know about worldviews, learn what they are and why they're significant, and participate in a Worldview Test, which will give you a good starting point.

Participating in this journey, you gain:

- An understanding of what worldviews are; how they relate to the issues of our time; and why exploring them is significant for the individual, the collective, and our world and systems at large;
- An understanding of four 'archetypal' worldviews in the contemporary West;
- An experience of determining your own position with respect to existential worldview-questions;
- An exploration of your worldview, its biographical roots, and how you tend to relate to it;
- An experience of practices like 'deep listening' and 'thinking aloud'.

"In our normal dealings with things, we... focus on the things experienced. But we can turn and ... become aware of our awareness, try to experience our experiencing ... This is what I call taking a stance of radical reflexivity."

~ Charles Taylor (philosopher, professor, author)

Step 1: Excavate - *Take stock of where you are*

We start this journey by excavating what you already know about worldviews.

Look at the questions below and let them 'work' you. Put a timer and give yourself at least 7 minutes of non-stop writing, following the spontaneous flow of your thoughts. No need to worry about grammar or spelling! There is no correct answer, the purpose here is to activate your prior knowledge, which research has shown to be instrumental to effective learning.

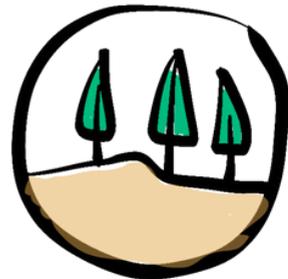
What comes to mind when you hear the term worldview? What is a worldview? Can you give examples?

EXPLORE



Why do you think we want to explore our worldviews? Why would this be useful or important? And can you describe your own worldview?

EXPLORE





What do you want to learn about worldviews? How may awareness of your worldview serve you in your life or studies? Here you can formulate your own learning goals for this journey!

EXPLORE



"Worldviews create worlds."

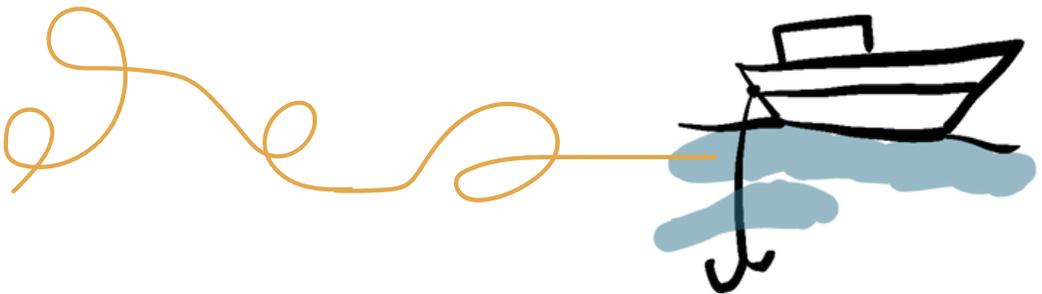
~ Richard Tarnas (cultural historian, author)

Step 2: Absorb - Consider new knowledge

Now it's time to learn about what worldviews are, and why they're so significant.

Watch video 2 and make notes or draw a mindmap to help yourself integrate the most important learning points. Also jot down questions or anything else that stands out to you.

EXPLORE





EXPLORE

How has seeing these videos changed your appreciation of worldviews?
And does this affect your learning goals? If so, just go back to adapt them!



Step 3: Experience - Take the Worldview Test

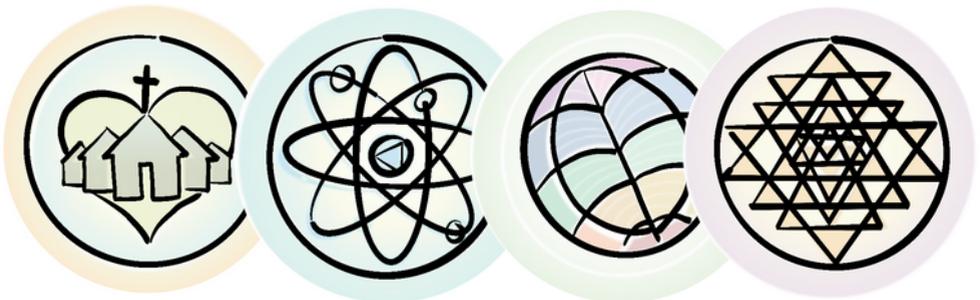
Now you'll take a scientifically validated Worldview Test and learn more about your personal results, as well as about the four major worldviews in general.

Taking this test activates your reflection-process, because you're challenged to think about where *you* stand with respect to the big life questions.

Go to www.wvtest.com to take the Worldview Test (15 min), while using the unique group code provided by your teacher. You will get your own test result right away, and later in the live session you will learn more about the results of your group as a whole. Your data are anonymous.

What's your result? Look at the word-cloud of your worldview, and consider drawing/creating your own word-cloud down here!

Optional: Read the article about the development of the Worldview Test.



Step 4: Observe - *Reflect on your test result*

Now we'll get an overview of the four worldviews as well as some background understanding of how to approach these worldviews.

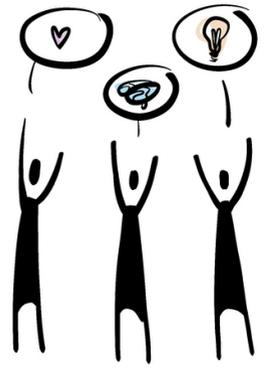
Watch video 3 and take time to reflect: Does the worldview assigned to you seem correct? Why or why not? Do you recognize the four worldviews in contemporary society? How so? Anything else that stood out to you?

EXPLORE



"Knowledge of the self is the mother of all knowledge."

– Kahlil Gibran
(author, poet, artist)



EXPLORE

*"We do not learn from
experience, we learn from
reflecting on experience."*

– John Dewey (philosopher,
educational reformer)

Step 5: Deepen - *Think aloud in small groups*

Make any notes here about your experience of doing the interactive exercise.

What did you learn from this conversation? How was it to verbalize your thoughts? How was it to listen deeply? Any new insights about your worldview, how it came about, or how it has changed during your life?



EXPLORE



"If we can listen for the confusion at the edge of our understanding, we can find the most fertile ground for transformation."

~ Jennifer Berger
(psychologist, author)

Step 6: Exchange - *Discuss in the whole group*

Make notes on what stood out to you or felt significant in the group discussion.



EXPLORE

*"Don't believe
everything you
think!"*

~ Bumper sticker

Step 7: Consolidate - *Articulate your learning*

Now take some time to articulate your learning, and translate it into action. Look back at your notes from step 1 and the/your learning goals, to get a good sense of where you started. Use these questions to inspire your reflections:

What has been most valuable to you in this journey? Have you come to new insights? How has your understanding of worldviews changed or deepened? Have you fulfilled the/your learning goals? How or how not?

EXPLORE



With your new understanding, is there any action you want to take, any lesson you want to integrate, or anything you want to do differently in your life? Formulate your new intentions or actions as clearly as you can!

EXPLORE



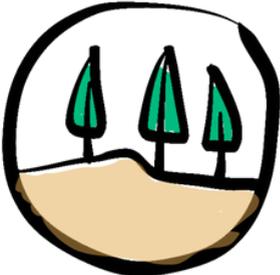
"Self-reflection entails asking yourself questions about your values, assessing your strengths and failures, thinking about your perceptions and interactions with others, and imagining where you want to take your life in the future."

~ Robert L. Rosen (film producer)

Space for extra notes



EXPLORE



Space for extra notes



EXPLORE





Level 2: Exchange across worldviews
Learn to learn from other perspectives

"Our ability to reach unity in diversity will be the beauty and the test of our civilization."

~ Mahatma Gandhi



"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

~ Audre Lorde (activist and author)



Learning goals

In this second journey, the main aim is to exchange across worldviews, so you can cultivate your capacity to *learn to learn from other perspectives*.

Instead of being closed towards other perspectives and defensive about your views, being able to learn from other perspectives is a powerful capacity to have in life! It is especially important in our highly diverse and deeply divided world.

With such a *learning mindset* you gain insight into *why* other people believe what they believe ~ even if you find their views (morally) objectionable. This enables you to ask good questions, have a productive exchange, and maybe even sow doubts about their ideas. It strengthens your ability to constructively relate to differences and collaborate across disciplines, perspectives, and worldviews.

Being confronted with people who think differently also helps you evolve your own views, and realize they are not the (only) truth necessarily, but should be understood as *partial perspectives*. This helps you develop intellectual humility, while sharpening and expanding your knowledge and understanding.

All of this is indispensable for fostering creative, caring, and collaborative cultures and communities, able to deal with the challenges of our time.

Participating in this journey, you gain:

- An understanding of why exchanging across worldviews is so important yet so difficult, and what to be aware of when engaging differences;
- An understanding of the fundamentals of good conversations;
- An experience of having a conversation across worldviews/differences, while practicing the fundamentals of good conversations;
- An in-depth exploration of your social identities, and how you tend to relate to conflicting or divergent groups, perspectives, and worldviews;
- An experience of practices like 'deep listening' and 'thinking aloud'.

“Bumping up against people who hold different ways of thinking about the world is one of the most powerful ways to make sense of your own perspective – and hold it as a perspective rather than the truth about the world.”

~ Jennifer Berger (developmental psychologist, author)

Step 1: Excavate - *Take stock of where you are*

We start this journey by excavating what you already know about the topic.

Look at the questions below and let them 'work' you. Put a timer and give yourself at least 7 minutes of non-stop writing, following the spontaneous flow of your thoughts. No need to worry about grammar or spelling! There is no correct answer, the purpose here is to activate your prior knowledge, which research has shown to be instrumental to effective learning.

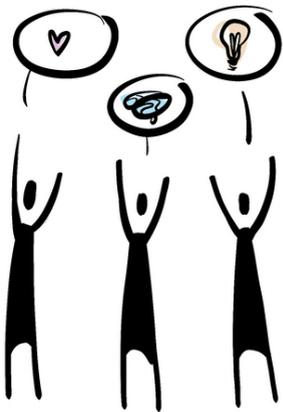
What comes to mind when you hear 'learning to learn from other perspectives'? What associations and ideas pop up? What do you already know about this topic?



And what is your own experience with exchanging across worldviews?
How do you tend to relate to people who hold different perspectives?



EXCHANGE



"It is the mark of an educated mind to be able to entertain a thought without accepting it."

~ Aristotle



What do you want to learn about learning from other perspectives and worldviews? How may this be relevant to your life and studies? Here you can formulate your own learning goals for this journey.

EXCHANGE

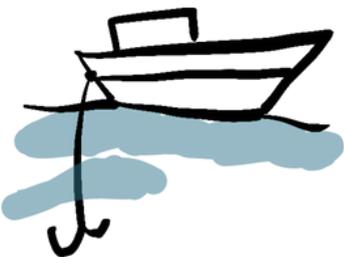


"We need diversity of thought in the world to face the new challenges."
~ Tim Berners-Lee (inventor of the internet)

Step 2: Absorb - Consider new knowledge

Now it's time to learn more about why communicating across worldviews is so important (and yet so difficult), and what to be aware of while doing so, including some fundamentals for good conversation.

Watch video 4 and 5, and make notes or draw a mindmap to help yourself integrate the learning. Jot down questions or anything noteworthy!





EXCHANGE



How has seeing these videos changed your understanding? How does this affect your learning goals? Feel free to go back to adapt or clarify them!



Step 3: Experience - *Have a conversation*

Now you'll have a conversation exploring differences in perspective, offering you an opportunity to practice the fundamentals of good conversation.

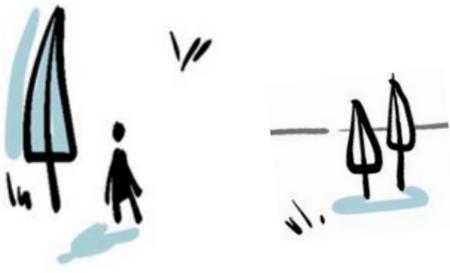
Connect with your partner and set up a time to meet, in person or through video call. Plan about 45 minutes for this conversation. First read through and then go through the following steps.

Fundamentals of good conversation:

- 1 Build rapport.** Take 2-5 minutes to make a positive, kind connection with each other. Talk for example about the place in which you're meeting, the weather, or how the Worldview Journey is going so far for each of you.
- 2 Focus on a question.** Together agree on which question you will discuss (see the next page). Decide on the basis of interest, divergence of opinion, and comfort level. Whenever helpful, keep returning to the question.
- 3 Clarify your goals.** Beyond doing your homework, you may have interest in the topic or want to learn to listen better. State your goals, and explicate that this conversation is about learning to learn from other perspectives.
- 4 Practice Listening.** Listening is key! See the suggestions on the next page.
- 5 Exchange, don't deliver messages.** Make sure there is a back-and-forth, two-way exchange dynamic (not a one-way transaction), with both of you expressing your own viewpoints and responding to those of the other.
- 6 Ground in good intentions.** Watch out for ascribing negative intentions to people who think differently. Instead, assume they come from a *different perspective* and have good intentions. Assume this also of yourself!
- 7 Complete the conversation.** Complete when perspectives have been adequately shared. Also complete if emotion is overtaking the conversation. Articulate what you have learned, and thank each other!

"Most basic elements of civil discussion ... come down to a single theme: making the other person in the conversation a partner, not an adversary."

~ Peter Boghossian & James Lindsay (authors)



"Do what you can to make listening the center of your approach to conversation."

~ Peter Boghossian & James Lindsay (authors)

Simple listening tips

- ✓ Remove your devices;
- ✓ Have full attention for your partner;
- ✓ Look at the other;
- ✓ Nod to acknowledge when you understand;
- ✓ Do not finish the other's sentences;
- ✓ Limit your interruptions;
- ✓ If you missed something or don't understand, ask for clarification;
- ✓ Allow pauses - they create space for both of you to digest and reflect;
- ✓ Whenever you get triggered: breathe slowly and deeply!

Philosophical/existential conversation questions/topics:

- What's humanity's relationship to nature? Are humans stewards of nature, masters of nature, equal to nature, collaborators of nature? Why?
- Does objective truth exist? Is there an objective reality, or is everything a subjective construction, and how do these two relate with one another?
- What happens after we die? Do you hold a naturalistic view, do you believe in a soul or consciousness that lives on, or in something else?

Politically charged conversation questions/topics:

- Pick one: How do you understand the controversy around abortion rights / vaccination / transgender rights / climate change? What's your own position in this debate?

"In true dialogue, both sides are willing to change."

~ Thich Nhat Hanh (peace activist, Zen master)

Step 4: Observe - *Reflect on your conversation*

Now take a moment to reflect on your experience of the conversation. Set a timer and take at least 10 minutes to journal on the following questions:

How was this conversation for you? What did you learn? How was it to practice these fundamentals of good conversation? What was easy, what was hard? In what ways would you like to evolve your abilities?

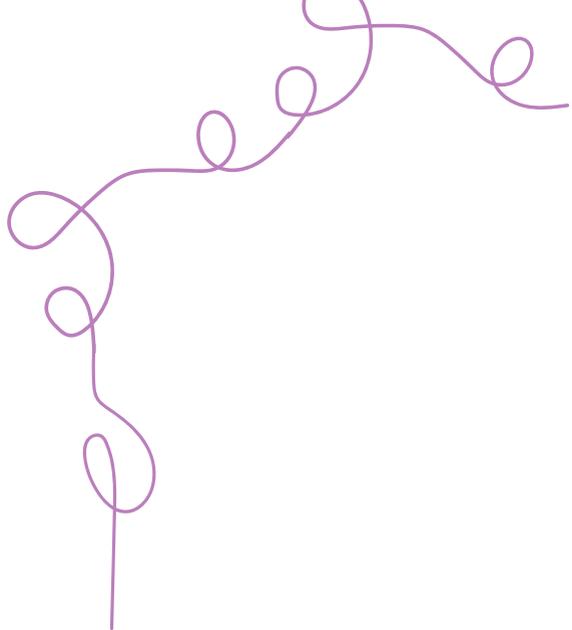
Optional: Watch a few short, inspiring video's on the power and beauty of relating to difference from a place of understanding and compassion.

EXCHANGE

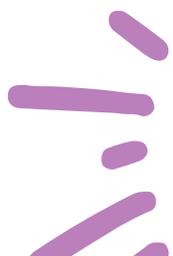


"We have no hope of solving our problems without harnessing the diversity, the energy, and the creativity of all our people."

– Roger Wilkins (civil rights leader, professor)



EXCHANGE



*"If you want to go fast, go alone.
If you want to go far, go together."*
~ African proverb



Step 5: Deepen - *Think aloud in small groups*

Make any notes here reporting your experience of doing this exercise.



What did you learn from this conversation? How was it to verbalize your thoughts? How was it to listen deeply? Any insights about your social identities and how you tend to relate to other perspectives?

EXCHANGE



"We may have all come on different ships, but we're in the same boat now."

– Martin Luther King, Jr.

Step 6: Exchange - *Discuss in the whole group*

Make notes on what stood out to you or felt significant in the group discussion.



EXCHANGE



"Reserving judgment is a matter of infinite hope."

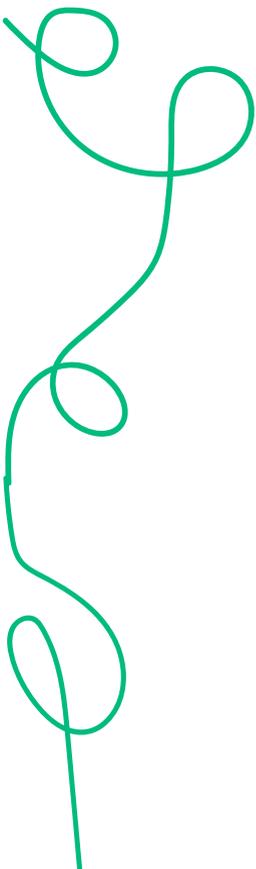
~ Scott Fitzgerald (author, in 'The Great Gatsby')

Step 7: Consolidate - *Articulate your learning*

Now take some time to articulate your learning, and translate it into action.

Look back at your notes from step 1 and the/your learning goals, to get a good sense of where you started. Use these questions to inspire your reflections:

What has been most valuable to you in this journey? Have you come to new insights? How has your understanding changed or deepened? Have you fulfilled the/your learning goals? How or how not?



EXCHANGE



With your new understanding, is there an action you want to take, a lesson you want to integrate, or anything you want to do differently in your life? Formulate your new intentions and actions as clearly as you can!



EXCHANGE



***“We may have different religions,
different languages, different
colored skin, but we all belong to
one human race.”***

~ Kofi Annan (former Secretary-
General of the United Nations)

Space for extra notes



EXCHANGE





Level 3: Expand your worldview

Cultivate a planetary perspective



"The Earth is what we all have in common."

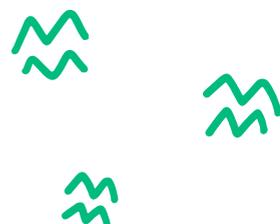
~ Wendell Berry (novelist, activist)

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

~ Albert Einstein

"Science is about reading the world from a gradually widening point of view."

~ Carlo Rovelli (physicist, author)



Learning goals

In this third journey, the main aim is to play with stretching and expanding your worldview, so you can *cultivate a planetary perspective*.

This is a view that considers and includes the planet as a whole, while understanding ourselves as part and parcel of the complex, living Earth system. Learning to see yourself as an Earth-citizen (or a *planetizen* :-)) is of critical importance in this time of planetary crisis. It invites you to view your life, the world, and your role in it from a larger vantage point in space and time, encouraging you to see yourself as meaningful part of a larger whole.

It also invites you to (re-)connect with, and feel yourself as *rooted in* nature. In our high-tech, nature-alien society, many people experience this as helpful, wholesome, and rewarding. Science has also shown that there are many physical, mental, and emotional benefits to being in (touch with) nature.

In this journey you'll consider some of the big perspective-shifts humanity went through in its understanding of nature and its own place in the universe; you'll have an embodied experience of a planetary perspective; and you'll reflect on your relationship to nature and the larger whole.

Participating in this journey, you gain:

- An understanding of what planetary perspectives are, why they are significant, and how we can cultivate them;
- A general understanding of how humanity's conception of itself and its place in the universe has changed dramatically throughout time;
- An experience of humanity's place in the larger 'story of the Earth', through contemplating Earth's long history and evolution;
- An in-depth exploration of how you relate to nature, as well as how you want to position yourself in this larger context of a planet Earth in peril;
- An experience of practices like 'deep listening' and 'thinking aloud'.

"The worst dangers and the greatest hopes are borne by the same function: the human mind itself. And this is why the reform of thought has become a vital necessity."

~ Edgar Morin (philosopher, author)

Step 1: Excavate - *Take stock of where you are*

We start this journey by excavating what you already know about the topic.

Look at the questions below and let them 'work' you. Put a timer and give yourself at least 7 minutes of non-stop writing, following the spontaneous flow of your thoughts. No need to worry about grammar or spelling! There is no correct answer, the purpose here is to activate your prior knowledge, which research has shown to be instrumental to effective learning.

What comes to mind when you hear 'planetary perspective'? What ideas and associations pop up, what do you already know about it?



EXPAND

"Heaven is under our feet as well as over our heads."

~ Henry David Thoreau
(author, poet, philosopher)



And is there a 'larger whole' you feel part of ~ something that puts your life in a larger context (e.g., a community, religion, purpose, nature)?



EXPAND

"Look deep into nature and you will understand everything better."

~ Albert Einstein

What do you want to learn about planetary perspectives and/or expansion of your existing views? How may this be relevant to your life and studies?
Here you can formulate your learning goals for this journey.



EXPAND

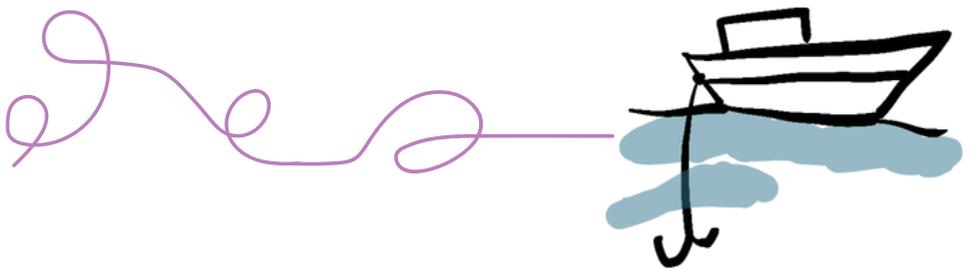


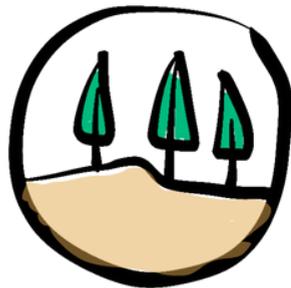
Step 2: Absorb - Consider new knowledge

Now it's time to learn more about 'planetary perspectives', why they're so significant in our current times, and how to cultivate them.

Watch video 6 and make notes or draw a mindmap to integrate the learnings. Jot down questions or anything else that stands out to you.

If you want: draw a simple visual, outlining how *you* see the relationship between self and world (like the ones used in the lecture).





EXPAND



How has seeing this video changed your understanding? Does this affect your learning goals? If so, just go back to adapt them!



"The walk itself was an absolutely beautiful experience. ... I am grateful for the reason to actually go and spend my Sunday in a forest."

~ Student participating in the Worldview Journey

Step 3: Experience - *Do the Deep Time Walk*

Now you'll engage an activity that helps you *experience* a planetary perspective.

You can do the Deep Time Walk anywhere in the world, preferably in nature. While you walk, you listen to a conversation between a scientist and a 'fool' (or a wise man), who take you on a journey across Earth's long geological timeline. Walking through time at a rate of 1 million years per meter, they discuss how Earth formed, and invite you to contemplate where and how humanity fits into this larger story.

Do the Deep Time Walk (4.6 kilometer/2.8 miles; about 2.5 hours +)!

Don't worry about all the details of the scientific story! Instead, listen for the larger story, enjoy the landscape, and reflect on your relationship to nature: What does nature mean to you, and what role does it play in your life? How do you feel connected to this larger adventure of planet Earth?

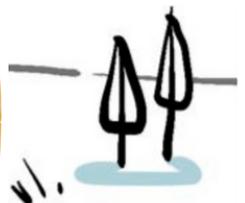
- Pick a nice area, perhaps invite a class-mate or friend, download the app on your phone, and start walking!
- Alternatively, if you really can't find the time to do the walk, you can watch the Journey of the Universe film (1 hour).

EXPAND



"Forget not that the earth delights to feel your bare feet, and the winds long to play with your hair."

~ Khalil Gibran (author, poet, artist)



Step 4: Observe - *Reflect on your walk*

Take some time now to journal, and let yourself be inspired by these questions:

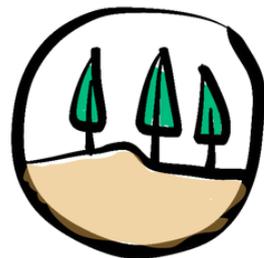
**What have you learned through taking the walk (or watching the movie)?
What reflections did it evoke in you? How did it help you understand your
self and worldview in a bigger context? Any musings on this grand
adventure humanity is part of, and/or the role you want to play in it?**

EXPAND



"How could I look my grandchildren in the eye and say I knew what was happening to the world and did nothing."

~ David Attenborough



EXPAND

"At the core of all deep leadership work today ... [is] a shift that requires us to expand our thinking from the head to the heart. ... from an ego-system awareness that cares about the well-being of oneself, to an eco-system awareness that cares about the well-being of all, including oneself."

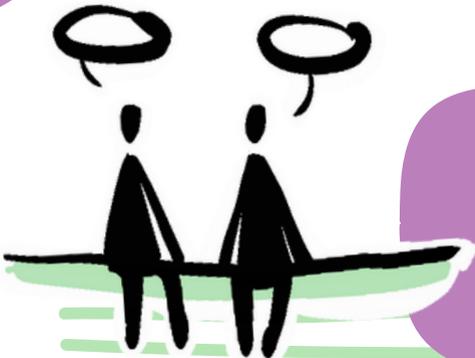
~ Otto Scharmer & Katrin Kaufer (authors, change-makers)

Step 5: Deepen - *Think aloud in small groups*

Make notes here about your experience of doing the interactive exercise.

What did you learn from this conversation? How was it to converse this way? Any new insights your worldview, your relationship to nature and the larger whole, or the role you want to play at this critical time?

EXPAND



"You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make."

~ Jane Goodall

Step 6: Exchange - *Discuss in the whole group*

Make notes here on what stood out to you or felt significant in the discussion.



EXPAND



“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

~ George Bernard Shaw
(play writer, activist)

Step 7: Consolidate - *Articulate your learning*

Now take some time to articulate your learning, and translate it into action.

Look back at your notes from step 1 and the/your learning goals, to get a good sense of where you started. Use these questions to inspire your reflections:

What has been most valuable to you in this journey? Have you come to new insights? How has your understanding changed or deepened? Have you fulfilled the/your learning goals? How or how not?



EXPAND

With your new understanding, is there any action you want to take, any lesson you want to integrate, or anything you want to do differently in your life? Formulate your new intentions and actions as clearly as you can!



“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

~ Margaret Mead (cultural anthropologist, author)

EXPAND

Space for extra notes



EXPAND



Sow seeds to plant intentions for your life and learning

At the end of this Journey, take some time to reflect on all you learned. Flip through your journal, consider the different learning goals, and contemplate:

How has your worldview been illuminated, challenged, deepened, or expanded? How has your relationship to other worldviews changed? How have you come to see yourself in a larger planetary context?

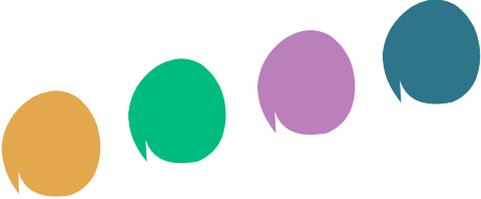
How has your understanding of who you are, where you come from, and where you're going changed? And what do these experiences or insights mean for your daily life? How can you implement them in practical ways?

Take some time to journal, freely articulating your insights and intentions. Then sow some seeds to plant these new intentions for your life and learning!



"Be mindful of intention. Intention is the seed that creates our future."

~ Jack Kornfield (author, spiritual teacher)



FINISH





*"Our intention is everything.
Nothing happens on this planet
without it. Not a single thing
has been ever accomplished
without intention."*

~ Jim Carrey (actor)



Some resources for further learning

About transformative learning

- *Mindset. The New Psychology of Success* (Dweck, 2016). Offers great insight into the 'growth mindset'; helping you 'learning to learn'.
- *Changing on the Job. Developing Leaders for a Complex World* (Berger, 2012). A great book for cultivating your personal growth and leadership.
- *Man's Search for Meaning* (Frankl, 1946). An absolute classic, and a great resource for reflecting on the meaning and purpose of your life.
- *The Seven Habits of Highly Effective People. Powerful Lessons in Personal Change* (Covey, 1989). Another classic. A great resource for developing your self. character, and leadership capabilities.
- *The Huberman Lab*. Podcasts discussing (neuro)science and science-based tools for every day life, and 'changing one's mind'. www.hubermanlab.com
- *Education in a Time between Worlds. Essays on the Future of Schools, Technology, and Society* (Stein, 2018). An inspiring and intellectually-thorough vision and philosophy for the education of the future.

About worldviews generally

- *The Passion of the Western Mind. Understanding the Ideas that have Shaped our World View* (Tarnas, 1991). A fantastic, accessible book that offers a nuanced, expansive understanding of how today's worldviews came to be.
- *Sources of the Self. The Making of the Modern Identity* (Taylor, 1998). For philosophically ambitious students; unpacks the history of 'the self'.
- *Modernization, Cultural Change, and Democracy* (Inglehart & Welzel, 2005). Reports insights based on the largest longitudinal database on values and beliefs globally. See also www.worldvaluessurvey.org.
- *A New Tool to Map the Major Worldviews in the Netherlands and USA, and Explore how they Relate to Climate Change* (De Witt et al, 2016). Details the research behind the development of what became the 'Worldview Test'.
- *Worldviews and their Significance for the Global Sustainable Development Debate* (De Witt, 2013). Details philosophers' changing thinking about 'worldview', and offers a new operationalization of the concept.

- *The Evolving Self: Problem and Process in Human Development* (Kegan, 1982). Offers insight into the evolving ways 'the self' constructs reality.
- *Lives across Cultures: Cross-cultural Human Development* (Gardiner & Kosmitzki, 2004). Insight into developmental differences and similarities.
- *Sand Talk. How Indigenous Thinking can Save the World* (Yunkaporta, 2020). Offers insight into indigenous worldviews' relevance in today's world.

About conversing across worldviews

- *How to have Impossible Conversations. A Very Practical Guide* (Boghossian & Lindsay, 2019). Simply an essential book for our times!
- *Talking with the Enemy* (Boston Sunday Globe, 2001). Inspiring story of how opposed camps kept talking across divisions and learnt from each other.
- *The Righteous Mind: Why Good People are Divided by Politics and Religion* (Haidt, 2012). Refreshing perspective on our age-old divisions.
- *Compassionate Conversations. How to Speak and Listen from the Heart* (Hamilton et al., 2020). A guide for improving your conversational skills.

About cultivating planetary perspectives

- *Homeland Earth: A Manifesto for the New Millennium* (Morin, 1999). Introduces planetary thinking and invites for planetary citizenship.
- *Sapiens. A Brief History of Humankind* (Harari, 2011). A mind-bending book that offers big-picture insight into the history of our species.
- *Sex, Ecology, Spirituality: The Spirit of Evolution* (Wilber, 1995). Another mind-bender. Offers a thought-provoking, big-picture view on reality.
- *Reality is not What it Seems. The Journey to Quantum Gravity* (Rovelli, 2014). Insight into what the frontier of physics tells about our world and universe.
- *Moral Progress in Dark Times. Universal Values for the Twenty-First Century.* (Gabriel, 2022). A refreshing philosophy on the pressing issues of our times.
- *Leading from the Emerging Future. From Ego-System to Eco-System Economies* (Scharmer & Kaufer, 2013). Guide for transformative change.
- *Reinventing Organizations* (Laloux, 2014). Explores worldviews in organizations as leverage for deep organizational change for a better world.
- *The variety of Integral ecologies: Nature, Culture, and Knowledge in the Planetary Era* (Mickey et al., 2017). Integrated thinking about our planetary issues.



**Thank you for participating
in the *Worldview Journey!***

www.worldviewjourneys.com

Colophon

This project was made possible with funding from *Pathways to Sustainability*.
Education, content, and journal design: Annick de Witt.
Original illustrations: Noeske Kaesler.
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Our educational approach is research-based and reported in:

- *The Seven-Step Learning Journey. A Learning cycle supporting design, facilitation, and assessment of transformative learning* (De Witt et al., 2023, Journal of Transformative Education).
- *Designing Transformative Interventions for a World in Crisis: How the 'Worldview Journey' invites learners to explore, exchange, and expand perspectives* (De Witt et al., forthcoming).



Worldview
Journeys



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