

# Five Through the Filter ~ Synopsis

**Our self-care framework, that equips me to do the best I can as an individual, and as a community achieve our global needs. It also ensures if people think they are already doing all they can, there is a way to check that.**

The Filter is my “decision making processor”, that gives me the foundation and skills through which I take my Five daily actions:

- Logic and connection as foundation: I use logic- the skills to objectively think things completely through, considering all possibilities; I’m internally connected – I value myself, understand how I function, and know how to stay self-aware.
- The goal: Being logical-connective, every decision I make is connected to my goal, “What leads to the most safety and hopeful possibilities?”
- Every Moment Matters: I know that every moment, I must be aware of the value of that moment, the cost and possibilities to life (mine and others).



My Five daily actions include:

- Take care of myself, and if applicable those I’m responsible for: All that keeps me healthy and connected as possible is foundational - working on my logic, internal connection, and skills for external connection (knowing why and how to connect to other life); sleep; nutrition; hygiene; exercise; health care; relational needs; making sure I have income or/and resources to meet my needs; basic chores and maintenance.
- Take care of my environment : I think sustainably, and healthy- for our bodies and the world. Some possibilities include - refuse, reduce, reuse, recycle, repair, repurpose, upcycle, rot (compost), create a new way for something to be made/done.
- Do one thing to be prepared : I either find an item, take an action, or learn a skill.
- Be informed and understand more: I need to be informed and understand my world the best I can. Learning and understanding takes time, so I do a little each day.
- Ask/help others become aware and involved to the need for a logic-connection global approach : When we look at the common root of all that can be addressed, from all the avoidable suffering to the hopeful possibilities, either the cause of the issues or/and the reason they aren’t being addressed as they should be is a lack of logic-connection- so we address that first, then logically synthesize additional commonalities beyond, and work to the nuances. *Daily advocating or teaching someone else, is where we create the global change we need.*



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