

The Integral 4 Cs in relation to your organisation (Call, Context, Co-Creation and Contribution)

Background:

Instruction: Take ca. 30 minutes initially for each of the 4Cs and if you like, take a short break between each. Find a safe quiet space for this time where you can think and reflect undisturbed. Take a pen and paper and without overthinking the answer, write down what comes first and most naturally to your mind, stay with the flow. You may find that each question may take several minutes or longer. That's ok, take the time you need as this is good work for yourself and others. You may want to answer some questions in calibration form i.e. "On a scale of 1 to 10, how do I feel/what do I think about X". Most will be in narrative form where free flowing writing will give you the best insights.

The Meta context here is defined as your own but there may be other contexts which influence and drive your alignment to, so feel free to also include such. Not all questions will be relevant and you may find new questions arise as a result of answering so feel free to answer any upcoming and alternative questions you may have.

Virtually all questions could be followed by "How is this related/aligned to the work I do with XYZ" Try to include this question so you can understand the relationship or gaps between your own 4C's and how you perceive such in relation to XYZ.

Call, (Being): Alignment of core values and beliefs that shape our relationships and are grounded and rooted in our communities and nature of being.

What is important to me in my life?

How do I find meaning & purpose?

Who specifically has helped shaped my life? What do I admire in them?

What are the motivations that has brought me to where I am today?

What is the story I would tell about myself?

What would I like the caption to be on my gravestone?

What can I do now that will ground and root me deeper into the soil of my calling?

How will I change what I do post CV19?

How is my core calling related to the work I'm doing with TCA?

Context, (Becoming): Our emergent space and culture that shapes our ongoing individual and relational of who we are becoming.

How has my family of origin shaped who I am and my life?

What are/were their core messages?

Who was I closest to in our family and why?

What are the norms and core messages in my culture that I seek to adhere to?

In what do I have faith in? (religion, money/success, material things, loved ones etc.) and how do I allow this to drive me in who I want to become?

Are there imbalances or issues within my contexts that I would like to change?

What is it in me that can make such change happen?

What is new in me that I can bring forth as I emerge from CV19?

How is the context I'm seeking, found inside XYZ?

Co-Creation, (Knowing): How we build and navigate alliances with others and establish creative spaces to collaborate and leverage our own and collective knowledge.

What are my areas of interest which I draw from to nurture myself and grow?

How has my areas of interest and importance changed over time?

What are the key drivers in how my eco-systems has evolved?

How have I organised myself to capture new learnings and knowledge?

On what fundamental knowledge base am I specifically drawing e.g. Physics, Psychology, Sociology, Law etc. in life?

How would I define my natural mode of learning? E.g. reading, listening, participating, experimenting etc.?

Do I learn best by myself or with others? (and do you know your psychometric profile? e.g. introvert / extrovert, thinker / feeler etc.)

How well do you manage critique and the need to be right?

Do I seek for others to join my creative eco-systems or do I to mainly participate in others?

How will CV19 effect and change any of my areas of interest?

What new knowledge do I need to seek and invest my time in to stay relevant in the world as I see it?

How can I help others and leverage my knowledge better in my work and other areas of interest?

Do I have an experience, knowledge or a special gift e.g. writing a book, creating a learning program etc. from which others would benefit and I would like as a legacy?

How is my knowledge creation reinforced by my work in XYZ?

Contribution, (Doing): What am I doing and how am I achieving to generate and reinforce my values and effect change.

How close am I in actually doing what I really want to do?

How fulfilled do I feel in these?

What could I do to feel more fulfilled?

What are some of my internal messages and stories about myself which prevents me from moving forward?

How can I reframe these? E.g. what would be the opposite message or story? How can that be equally true? What values are activated or reinforced if I did X?

What would be some of the real and physical barriers for doing this?

What solutions do I have for them?

What would I like to do differently if making money wasn't an issue?

How could I do things differently if money wasn't an issue?

If I did, what core values would be invoked, activated and reinforced?

What sort of (Possible contexts: as above) am I evolving?

What do I see as my gift and legacy if I'm no longer present?

How can I relate my contribution to my work inside XYZ?

Note: Once each C is clarified, linked and aligned to the others, the 4'C act as a flywheel in motion that reinforces and deepens each other after each circular iteration and re-clarification. After you have finished you may want to back to the beginning again and see what, if anything has changed.
