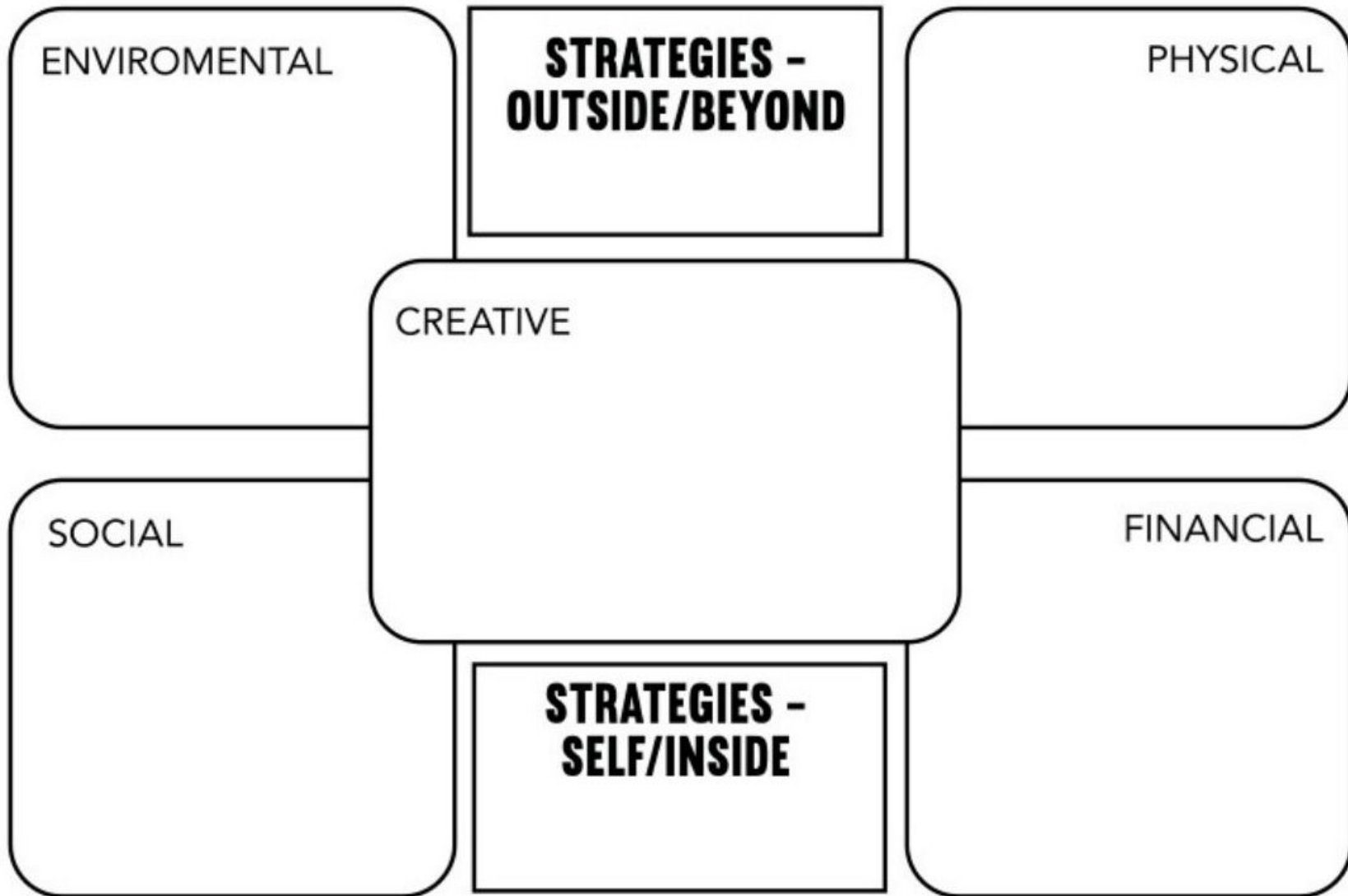


Below is a blank version of the canvas, or you can also use the table version to map your livelihood assets. Whilst completing the activity you may want to consider:

- 1** What do you have or have access to in each of these categories? Think broadly
- 2** How confident and powerful does that make you feel in each category?
If using the graphic version, you can give yourself a % rating out of 100 to make the relative levels apparent if it helps.
- 3** What could you do to strengthen your position, now or over time? Think about strategies and actions that relate to yourself or your group/organisation (self/inside) and also how you might work with others to tackle issues outside or beyond in the system or environment that make sustainable livelihood harder to achieve.



	CREATIVE CAPITAL	SOCIAL CAPITAL	FINANCIAL CAPITAL	PHYSICAL CAPITAL	ENVIRONMENTAL CAPITAL
<p><i>Core Elements</i> <i>What do you have or have access to in each of these categories?</i></p>	Skills, knowledge, confidence, agency	Networks and beneficial relationships	Savings, income, borrowing	Infrastructure, buildings, equipment, energy	Landscape, natural resources, environment
<p><i>Boosters</i> <i>What do you have or have access to that boosts your capital in these areas?</i> <i>Use the examples as prompts but think broadly.</i></p>	<ul style="list-style-type: none"> Initial training followed by continuing professional development and opportunity to make work and have it peer-reviewed, building up a track record. Working within systems that encourage healthy body and mind fit would tend to increase assets 	<ul style="list-style-type: none"> Strong networks and beneficial relationships that lead to collaboration, commissions, income and skill-sharing Contacts and networks in the field of practice A cohort of friends, allies, collaborators Knowledge of funding, commissioning and other practical systems 	<ul style="list-style-type: none"> Having money available, whether from income, savings, family or borrowing Costs of producing your work covered by related income from whatever source Living costs in balance with income Housing costs manageable 	<ul style="list-style-type: none"> Being able to access (via affordable public transport or good roads) high quality but affordable studio, rehearsal, performance or office workspace, at convenient times 	<ul style="list-style-type: none"> Good environments in which to live, relax and work Reduction in/ relative lack of vulnerability to climate change or its impact (e.g. not somewhere likely to flood more often)

Reducers

*What do you encounter
that could reduce your
capital in these areas?*

CREATIVE CAPITAL	SOCIAL CAPITAL	FINANCIAL CAPITAL	PHYSICAL CAPITAL	ENVIRONMENTAL CAPITAL
<ul style="list-style-type: none">• Lack of regular CPD, lack of exposure to current and ‘next’ practice (or ability to partake).• Lack of opportunity to share work with public and peers.• Issues of exclusion, marginalisation, racial, gender or age discrimination or disabling by society that face many groups	<ul style="list-style-type: none">• Networks and beneficial relationships, contacts and connections that can help, people to share skills, resources and ideas with, supportive colleagues• Isolation (geographical, personal or contextual such as lack of others working in same field)• Lack of contacts where needed/ wanted	<ul style="list-style-type: none">• Lack of available finance, either for investment (into say training or equipment, or time to rehearse) or for ongoing living costs, debts• Costs of producing your work outstrip related income from whatever source• Housing costs not manageable• Living costs out of balance with income	<ul style="list-style-type: none">• Having no access to suitable spaces, or to ones that were too cold or costly	<ul style="list-style-type: none">• Lack of healthy environment: unsafe• Vulnerability to early impacts of climate change (e.g. frequent flooding)•