



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 3: WHERE AND HOW WE LIVE

QUESTIONS:

- How many times have you moved in the last 10 years? Why is this the case? How settled do you feel? Are you happy with the situation? If not, do you have a plan for change?
- Discuss the 'Household form and location matrix' – which quadrant appeals to you? Are there examples of people you know living in each? What are the advantages and disadvantages of each?
- If you haven't already discussed your household with the group this is a good chance to get to know each other further: How big is your household? What are the relationships between the members? How permanent is the household/relationships?
- What 'lifestage' do you consider you are in? Is the 'Work/life balance' matrix a useful tool for thinking about this?

ACTIVITIES:

- Undertake the 'Work/life balance' exercise. How did the different members of the group go? Does it add new insight into your life circumstances? Any surprises? Was this a useful exercise?
- Read at least some of the case studies on the website – which ones particularly appeal to you and why?

