

# Growing Humans

A FRAMEWORK FOR HUMAN FLOURISHING IN THE AGE OF ARTIFICIAL INTELLIGENCE

## Regenerative life design

Integrating skill · Synthesising all layers into a liveable, purposeful, ecologically coherent existence

### Layer 4 · Contribution

HOW TO GIVE SOMETHING BACK TO THE WORLD

#### 4.1 Ecological stewardship

Living systems participation

#### 4.2 Bioregional competence

Self-reliance in place

#### 4.3 Playfulness & creativity

Exploration without anxiety

#### 4.4 Artistic sensitivity

Perceiving & creating beauty

#### 4.5 Co-evolution with AI

Conscious partnership

#### 4.6 Collective action

Solidarity across difference

### Layer 3 · Agency

HOW TO ACT WITH INTEGRITY IN COMPLEX SYSTEMS

#### 3.1 Ethical self-authorship

Moral reasoning from values

#### 3.2 Sovereignty

Self-direction in systems

#### 3.3 Long-term thinking

Intergenerational awareness

#### 3.4 Grief & loss

Metabolising endings

#### 3.5 Value beyond productivity

Richer human contribution

#### 3.6 Reverence & the sacred

Not everything should be optimised

### Layer 2 · Sense-making

HOW TO READ REALITY HONESTLY

#### 2.1 Language & narrative

Noticing how frames work

#### 2.2 Epistemic humility

Knowing the limits of knowing

#### 2.3 Systems thinking

Patterns beneath events

#### 2.4 Holding ambiguity

Stable inside complexity

#### 2.5 Power literacy

Reading systems honestly

#### 2.6 Meta-learning

Adaptive identity

### Layer 1 · Grounding

THE FOUNDATION EVERYTHING ELSE RESTS ON

#### 1.1 Embodied intelligence

Body as source of knowing  
Movement · sensation · presence  
in the physical world

#### 1.2 Interiority & self-knowledge

Honest inner life  
Reflection · stillness · knowing  
what you actually think

#### 1.3 Relational presence

Genuine human connection  
Being truly there · repairing  
ruptures · real listening

All other layers build upward from here