

SUSTAINABILITY RESEARCH CANVAS

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Values thinking

Pick three values you wish to center in your work



What do you daily to live into your values?

Values Application

What does it look like to apply those values?



How I know I succeeded

How do you know you have applied the values?
How do you feel when you live into those values?



- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Beauty
- Being the best
- Belonging
- Career
- Caring
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Dignity
- Diversity
- Environment
- Efficiency
- Equality
- Excellence
- Fairness
- Faith
- Family
- Financial stability
- Forgiveness
- Freedom
- Friendship
- Fun
- Future generations
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Nature
- Openness
- Optimism
- Order
- Parenting
- Patience
- Patriotism
- Peace
- Perseverance
- Personal fulfillment
- Power
- Pride
- Recognition
- Reliability
- Resourcefulness
- Respect
- Responsibility
- Risk-taking
- Safety
- Security
- Self-discipline
- Self-expression
- Self-respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Teamwork
- Thrill
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wholeheartedness
- Wisdom
- Write your own:

Future Thinking: Vision



Envision the/a scenario where you made the world a slightly better place. What does that look like?

Research Strategy

Which research methods do you want to apply?

Field (study, experiment)
Lab (experiment, simulation)
Assessment
Modeling

Resources/collaboration

Who are your stakeholders or collaborators?
Who's help and what resources do you need?

Systems Thinking & Leverage Points

What is the system of focus and what are its properties?

What are the problem framings and norms?

What systems is the focal system connected to?

Which properties does the intervention target?

What properties are impacted over time, or space, indirect?

How does that intervention influence connected systems?

Where am I in the system?

What are the boundary objects within this system?

How do I act, and what normative framings do I add?

Intentions & Reflections

Before you get started, reflect on why you are embarking on this journey? Later on, add reflections here as well.

All research is hard at some point. That's why it is good to have a physical reminder of why you embarked on this journey. Enjoy.

Sharing is caring:
Consider accountability buddies and peer support - life is team work.

Observations & Evaluation

Establish an evaluation plan based on values & vision. How will you assess your work? Evaluate the process and suggest improvements.

Keep track of what's going on:
What worked well, what didn't?
Identify potential & risks.
Derive suggestions to improve.

Date	Study	Observations and evaluation	Reflections and action if needed

