

Taking back work involves recognising the ways in which diverse forms of work contribute to our individual well-being, and how these work practices impact on the well-being of our planet. There are five steps for taking back work.

1. We start with the diverse forms of work which we engage in. On the right is the diverse labor identifier.

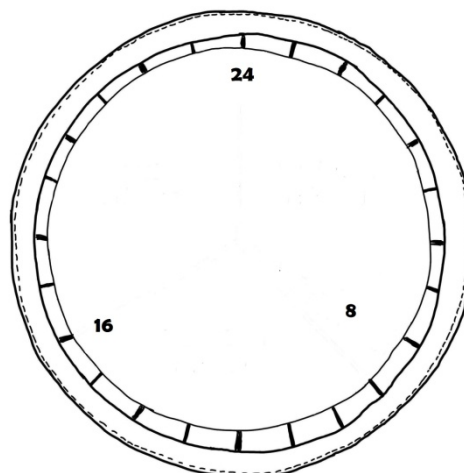
If you've already done the exercise for Chapter 1 Tool, you will have identified different kinds of work that you do on a regular basis. Use the diverse labor identifier to confirm if there are any other kinds of work that you engage in.

Otherwise, have a think about the different kinds of work you do on a regular basis (say each day or each week). List the various types of work you do, and use the diverse labor identifier to help categorise the different kinds of work.

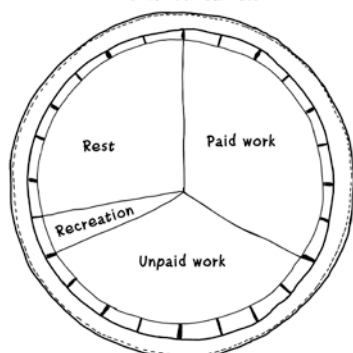
DIVERSE LABOR IDENTIFIER
<b>PAID LABOR</b>
<b>ALTERNATIVE PAID LABOR</b> Self-employed Cooperative Indentured Reciprocal labor In-kind Work for welfare
<b>UNPAID LABOR</b> Housework Family care Neighborhood work Volunteering Self-provisioning Slave labor

2. Next, we need to consider how the different forms of work fit into a 24-hour day, represented as a 24-hour clock. On the right is a blank 24-hour clock that you can fill in.

Below is an example of a single mother's 24-hour clock. In her day there is time for rest, paid work, unpaid work (such as family care) and a little bit of time for recreation.



**SINGLE MOTHER'S DOUBLE-DAY  
24-HOUR CLOCK**



3. How do the different forms of work contribute to the five dimensions of our well-being? For many of us, paid work will help secure material well-being, but it may be other forms of work that contribute to our social and community well-being for example. Think about each dimension of well-being and score how well you think you are achieving each. As you do this, consider the role that different forms of work play in helping you to achieve each dimension of well-being (and even whether some forms of work undermine your ability to achieve some dimensions of well-being).

	1 poor	2 sufficient	3 excellent
<b>Material</b>			
<b>Occupational</b>			
<b>Social</b>			
<b>Community</b>			
<b>Physical</b>			

4. To what extent are you achieving a balance in how you spend your time? Does the amount of time you spend in paid work balance with the amount of time you have for the other forms of work that play a role in our well-being. Does anything need to change?



5. It's also important to consider our individual well-being in relation to planetary well-being. To what extent are the types of work we do helping or hindering planetary well-being? One way to explore this is by assessing our ecological footprint and how much of the earth's resources we are using up. There are various ecological footprint calculators that can help identify how many planets are needed to support how you live and work. We recommend those at the [Environmental Protection Authority, Victoria](#); [Center for Sustainable Economy](#); or [Global Footprint Network](#).

<b>INDIVIDUAL</b>	1 poor	2 sufficient	3 excellent
<b>Material</b>			
<b>Occupational</b>			
<b>Social</b>			
<b>Community</b>			
<b>Physical</b>			

<b>PLANETARY</b>	1 larger	2 same	3 smaller
<b>Ecological Footprint</b>			

Once you've completed your assessment now compare your individual well-being with planetary well-being. Are there things you can do to change your individual well-being that would also help to achieve planetary well-being?

Source: Gibson-Graham, J.K., Cameron, J. & Healy, S., 2013, *Take Back the Economy: An Ethical Guide for Transforming our Communities*. Minneapolis: University of Minnesota Press, page 11.