If you are getting stuck, it might help to think about the **4 P's**:

- **Patterns** – mimic the patterns in nature, lifecycles, humanity
- **Principles** – Holmgren, Mollison, organisational, self
- **Process** – SADIMET, OBRIMET, GOBRADIME, design web (see Resources at end of course for details)
- **Places** - work, home, virtual, physical, mental, spiritual, other?