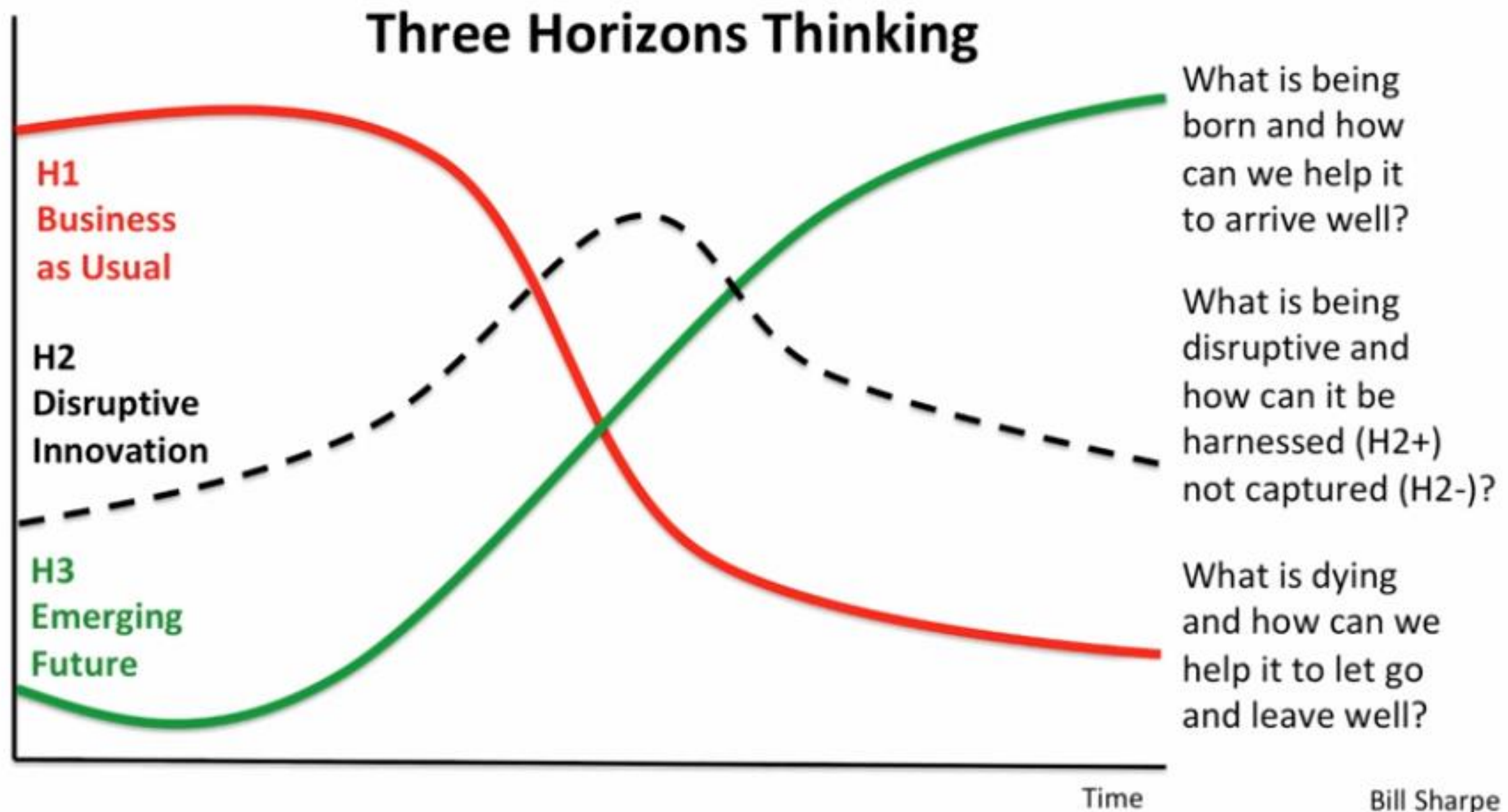


TASK ONE

Three Horizons: An introduction



Questions to answer

A — What is business as usual?

B — Look back — how did we get here?

C — Why do we believe it's not fit for purpose and is failing?

D — Is there anything valuable about the old system we would want to retain rather than lose?

E — What is the future we want to bring about?

F — What are seeds of that future visible in the present?

G — Looking back — whose work are these present possibilities built on?

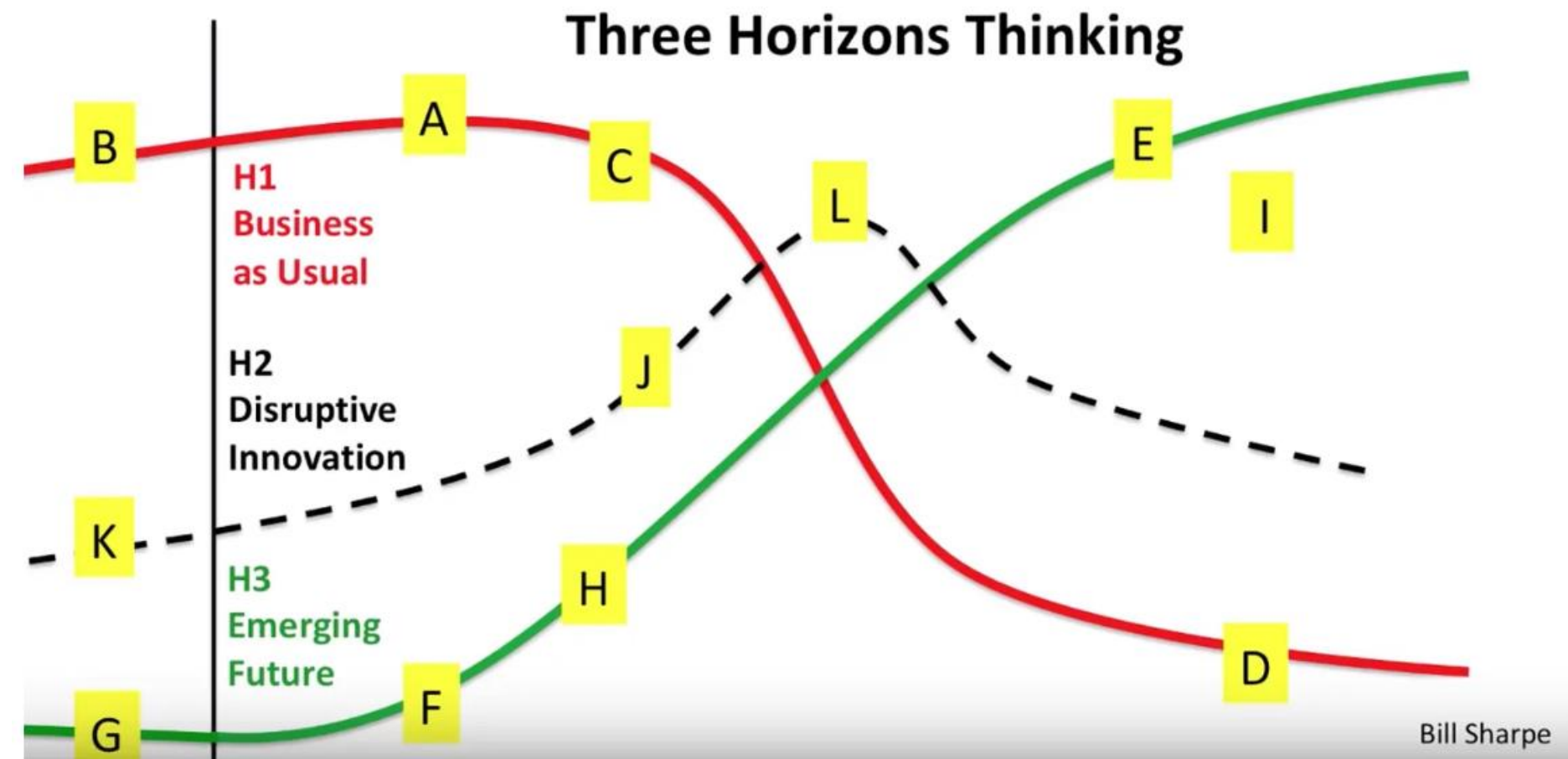
H — How could these “seeds of that future” be scaled and spread?

I — What are competing visions of the future being pursued by others?

J — What is being disrupted?

K — What are the roots of those disruptions?

L — If you are a disruptive actor, whether a social movement, a tech innovator, or a new form of finance, what kind of guidance can you set for yourself to help influence whether your disruption is captured to extend the life of H1, or harnessed to bring about H3?



[Exercise instructions - doc](#)

<https://www.youtube.com/watch?v=5KfRQJqpPU>

RECOMMENDED TASK

- Read the executive summary of the Planetary Health Check 2025 report.
- Question your own level of knowledge about the topic.
- Reflect on the importance of the information presented.
- Decide whether it changes your perception of the challenges or issues you work on.
- Assess how to apply this knowledge framework to your professional practice.
- Assess how to apply it to your personal Life.

