

COMEINGS AND GOINGS

Everything which enters your life in the next 48 hours with the exception of human relationships should be logged on the chart below.

Every material object like the library book you sign out, or the new CD you buy, or the food you eat, or the TV you watch should be entered into the log. If you get to 50 items before the 48 hour period is over then you can stop.

List the item then write down where it came from prior to your possession of it, where you think it probably came from before that, and then record what you do to it (keep it or pass it on). If you "throw it away" then list how it might have been passed elsewhere other than the garbage can.

At the conclusion of this exercise in triviality pick one item from your list and trace it's full cycle beginning from basic elements of the universe and returning to basic elements of the universe.

Object	Came From	Before That	Still Have It (Yes or No)	Passed On	Pass Elsewhere
Hamburger (lunch)	Midwest beef cow	Grains cow ate to build muscle (beef)	NO	my body absorbed food/ or not; wrapper in trash can	Shared food with someone; eat higher conversion foods
Laptop computer	HP online store	Parts (metal/ plastics) from mines	YES		

COMEINGS AND GOINGS GAME Name:

Name:

[illegible]