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# The Good Life Supermarket

**Exercise for training workshops**

# Purpose of the exercise

1. To illustrate that the things we need to live a good life usually come from ‘Community-land’ not ‘Service-land’.
2. Investment in Service-land currently outstrips investment in Community-land even though that’s where we would choose to get the things we need to live a good life.

# Step one

## Facilitator

- Ask participants to imagine they're 85 years old, have been told they're 'vulnerable' and there are lots of people who want to help.
- As this 85 year old, they don't want to be 'saved', they want to keep their independence and they want to stay in their own home.

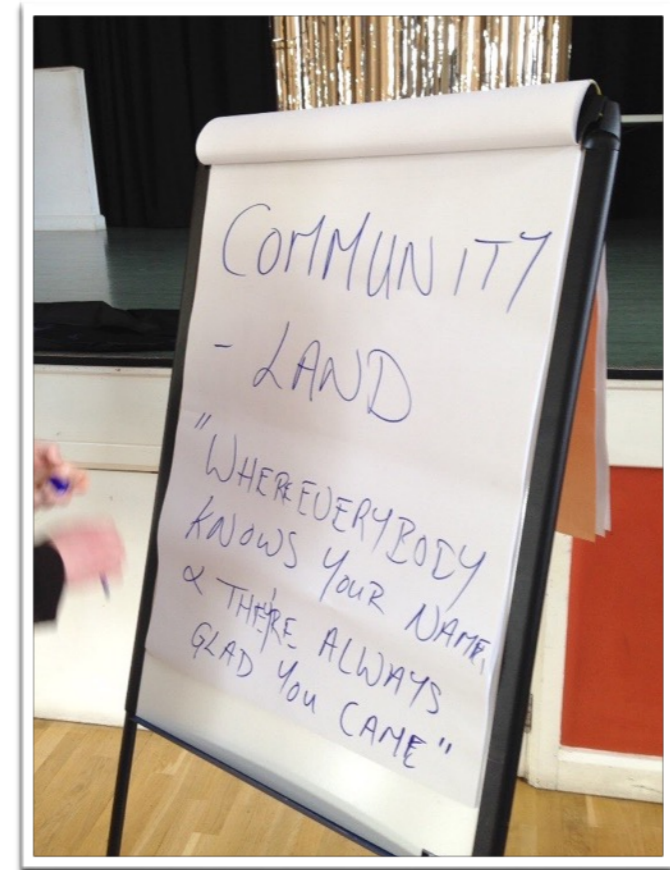
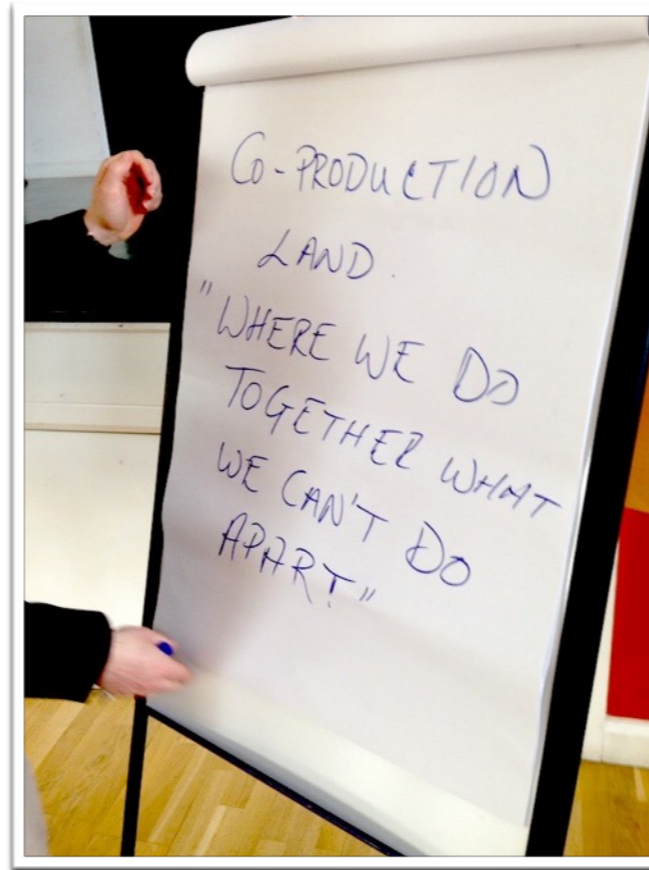
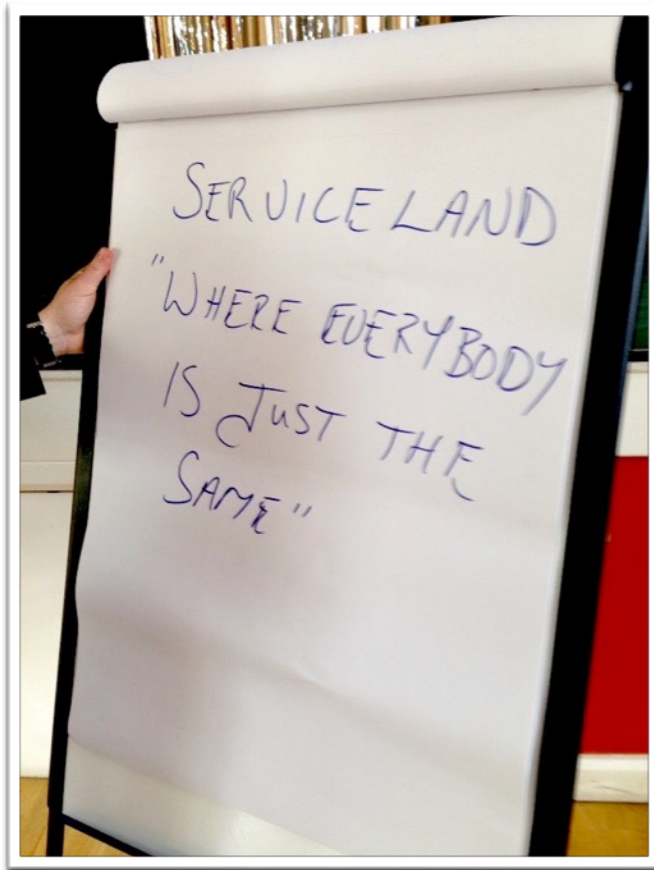
## Exercise

- Each participant should think about what 6 things they would fight for and that would determine a good life for them as this 85 year old?
- Working in groups of 3, discuss the 6 things and write each one on a separate post-it note. Each group should have 18 post-it notes.

# Step two

## Facilitator

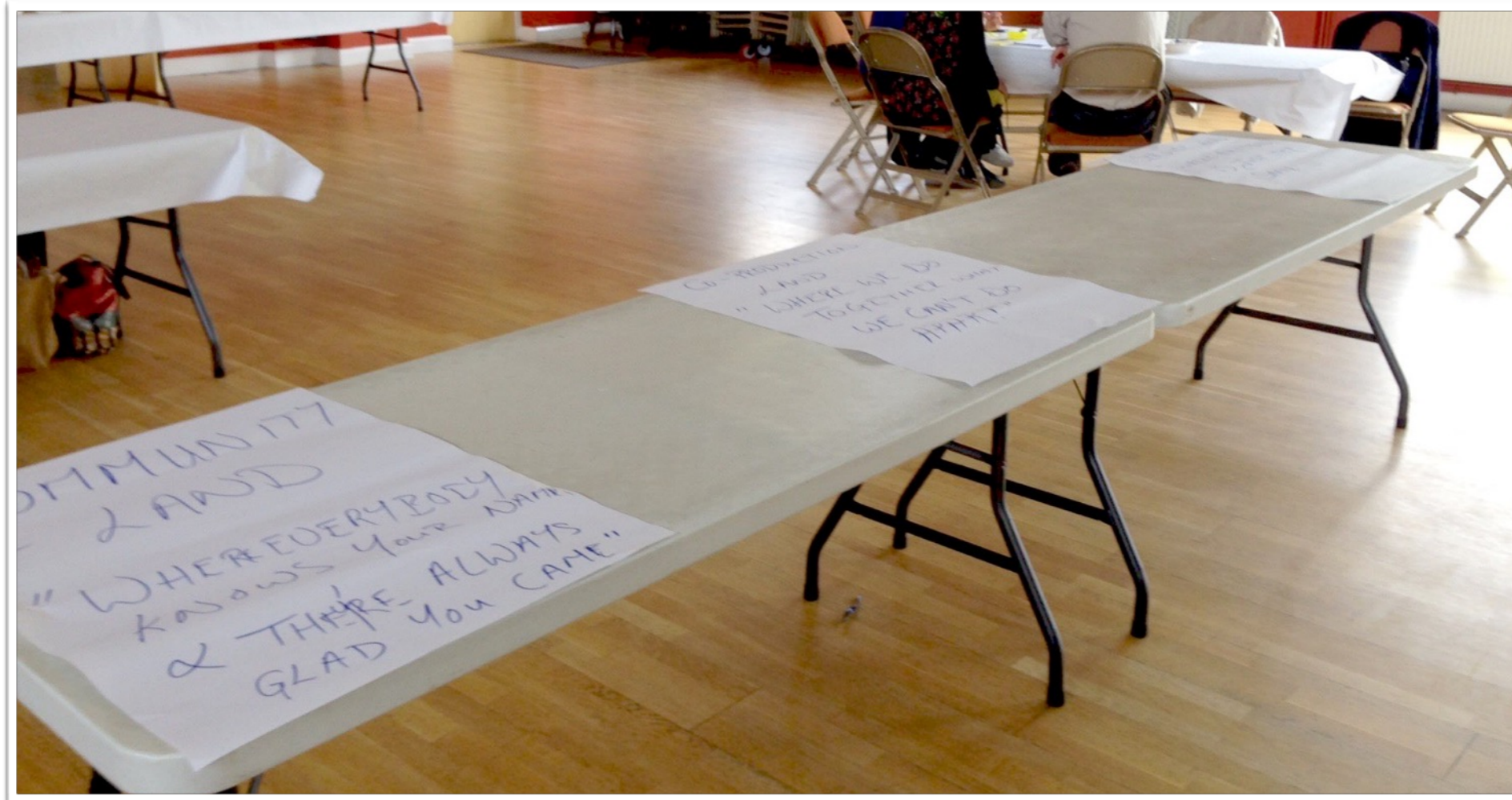
- Prepares 3 flip-chart pages (or equivalent)



# Step two

## Facilitator

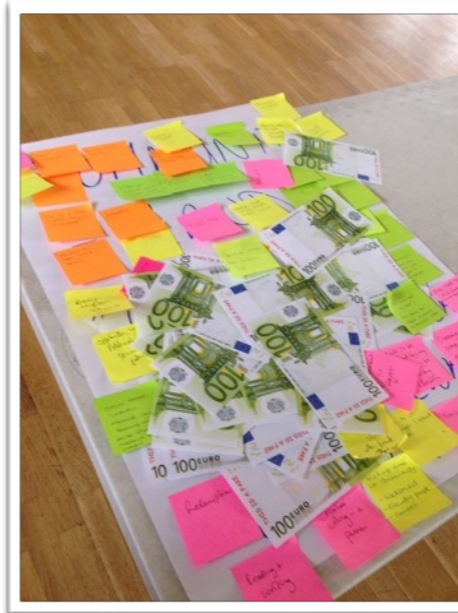
- Sets them out on a table (or equivalent)



# Step three

## Facilitator

- Bring participants together and outline each of the supermarkets.
- Ask the participants to think about which supermarket they would go to for the 6 things they have listed for their good life.
- For each post-it note, take 100 Euros and put it in the supermarket they would need to go to



# Step four

## Facilitator

- Invite participants to reflect on where the majority of the money would go... But where do we currently invest?
- Ask participants to think about what can be done to address this imbalance.



# Material needed

1. Flip-chart paper.
2. Post-it notes.
3. Pens.
4. Fake money.



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