

Ecocycle sheet

Stochastic Parrots and Beyond · adapted from Liberating Structures

Place each priority initiative from the Panarchy chart on the Ecocycle on page 2. Then find the traps, and propose a move. This sheet supports a **30-minute adaptation**. The full [Ecocycle Planning](#) takes about 90 minutes. See the [Panarchy page](#).

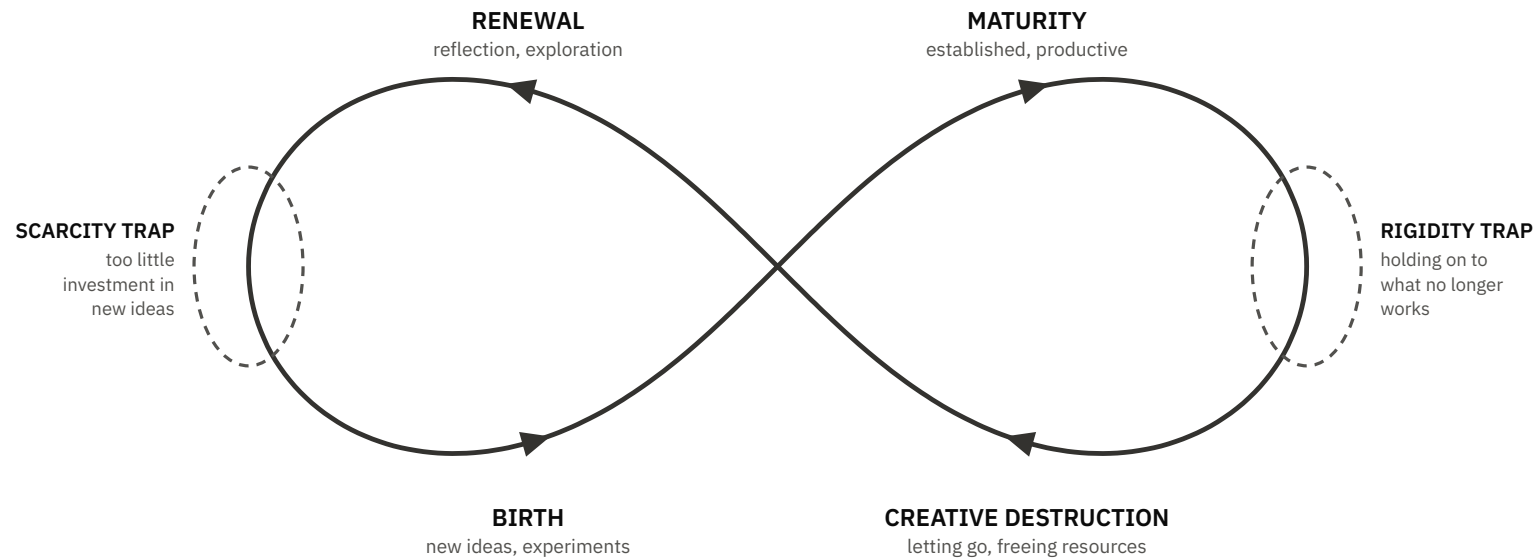
Phase or trap	Meaning
Birth	A new idea or experiment. Few resources, much uncertainty.
Maturity	An established practice. It is productive and uses most of the resources.
Creative destruction	An ending. Letting go frees attention and resources for something new.
Renewal	Reflection and exploration. New networks and ideas form before the next birth.
Rigidity trap	Between maturity and creative destruction: holding on to a practice that no longer works.
Scarcity trap	Between renewal and birth: not investing enough in new ideas, so they never grow.

Your diagnosis

Initiative	Phase today	Trapped? Which trap?	Proposed move: start, stop, or support

Ecocycle

Place each priority initiative where it is today.



Movement: birth → maturity → creative destruction → renewal → birth.

Adapted from Liberating Structures (Lipmanowicz, McCandless, White; liberatingstructures.com, Fieldbook 2026). CC BY-SA 4.0. Original drawing.

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