

Foundations Before Outcomes: The Future Beneath Your Feet | How to Think About the Future Part 5

with Nate Hagens

Show Notes and Links to Learn More

The TGS team puts together these brief references and show notes for the learning and convenience of our listeners. However, most of the points made in episodes hold more nuance than one link can address, and we encourage you to dig deeper into any of these topics and come to your own informed conclusions.

- 00:00 – [How to Think About the Future series](#)
- 00:05 – [Metacrisis](#)
- 00:34 – [Two-by-two scenario grids, Ridges, valleys, and switchbacks of the future terrain](#)
- 02:33 – [Four composite worlds](#)
- 03:08 – [Regenerative vs. extractive material throughput](#)
- 05:02 – [Voluntary simplicity and downshifting](#)
- 06:56 – [Cultivating agency \(Self-leadership\),](#)
 - [Frankly #129: A Guide to Staying Human \(Part 1\): Desperately Seeking Agency \(Show Notes\)](#)
- 07:43 – [Four sources of power: military, political, financial, technological](#)
- 08:17 – [Attention economy](#)
- 09:07 – [Captured democracy, Elite capture](#)
- 11:19 – [Body and nervous system regulation, Sleep debt](#)
- 11:49 – [Cortisol, Allostatic load](#)
- 13:05 – [Relational web: close social ties and health, Attachment and the loneliness crisis](#)
- 15:49 – [Guide to Staying Human series](#)
- 17:15 – [The Strait of Hormuz crisis](#)
- 18:45 – [Cheap fossil energy as our perpetual mulligans](#)
- 19:11 – [Red Queen hypothesis](#)
- 21:12 – [Measuring the wrong things: the growth-and-productivity scoreboard](#)
- 23:45 – [Importance of time in green, wild places](#)
- 24:50 – [Digital minimalism](#)
- 27:18 – [Guide to Staying Human and Agency: small acts and positive feedback](#)