

Personal Resources

The chart below includes the Eight Forms of Capital, which were developed by permaculturists Ethan Roland and Gregory Landua, and is a useful tool for evaluating all of your resources before you undertake the process of implementing permaculture practices on your property.

Personal Resources	Common Currencies	Examples	Usefulness in Increasing Well-Being	Common Existing Inventories
Financial	Money	Equity or debt in the form of income, savings, investments, grants, and loans.	Our primary tool for exchanging resources between one form and another. Apart from its ability to make other resource exchanges efficient, it has no intrinsic value.	Accounting records, bank account statements, investment portfolios, and loan and credit card statements.
Material	Materials; nonliving “natural” resources, such as stone, metal, fossil fuels, etc.	Buildings, infrastructure, equipment, tools, computers, and technologies.	The “stuff” we own or use. When it comes to well-being, material resources are usually a means to an end.	Depreciation schedules, asset lists, insurance addendums, photos, equipment lists, maintenance records, and receipts.
Living	Carbon, nitrogen, water	Animals, plants, water, and soil.	The true basis for life on Earth.	Property or land titles, crop logbooks, livestock logbooks, gardening journals, plant inventories, soil carbon tests, water tests, and biodiversity studies.
Social	Connections	Equity or debt in the form of influence, relationships, and favors.	A person or entity who has “good social capital” can ask for favors, influence decisions, and communicate efficiently. Humans are social beings and often attribute significant well-being (or suffering) to social resources.	Address books, customer and supplier lists, social media contacts, and email contacts.
Spiritual	Prayer, intention, faith, karma	Any way you might measure your mental state (balanced, peaceful, etc.), or any measure of spiritual attainment.	The intent of what you do and what drives you or guides your actions. This is why you get up every morning, and is intrinsically tied to well-being.	Diaries, journals, photo albums, and personal art portfolios.
Experiential	Action	Things you’ve done or experienced.	Your embodied knowledge (i.e., skills) that can both support and be intrinsically tied to your definition of well-being.	Resumes, achievement certificates, and awards.
Intellectual	Ideas, knowledge	The “knowledge” assets, such as words, images, and intellectual property (patents and copyrights).	Intellectual assets and ideas can both support and be intrinsically tied to your definition of well-being.	Computer hard drives, content platforms for videos, blogs, podcasts, portfolios, and lists of books.
Cultural	Song, story, ritual	Arts, celebrations, traditions, taboos, languages, and myths.	When individuals form a family, village, city, bioregion, or nation and exchange various resources, patterns begin to emerge. Cultural resources are an expression of our internal and external processes as a community.	Photo albums, family videos, and event calendars.