

INTEGRATED INVESTING

		ESSENTIAL RESOURCES					
Resources		Sustenance	Connection	Expression	Managing change	Making decisions	Exchange
Clean water		x					
Clothing		x		x			
Currency							
	Money						x
	Bitcoin						x
	Alternative currency						x
	Equity						x
	Financial assets						x
Education			x	x	x		
Energy production							
	Home heating	x					
	Transportation fuel		x				
	Power to machines	x					
	Renewable energy	x					
	Fossil fuels	x					
Financial services							
	Insurance				x		
	Saving money				x		
	Investing				x		
Food							
	Organic	x		x			
	Locally produced	x			x		
	Variety and diversity	x		x			
	Change in diet/nutrition	x			x		
	Restaurants		x				
	Restaurant directories					x	
	Food delivery		x				
Health care							
	Gym	x	x				
	Good health	x			x	x	
	Mental health	x			x	x	
	Spiritual health	x			x	x	

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ESSENTIAL RESOURCES							
Resources		Sustenance	Connection	Expression	Managing change	Making decisions	Exchange
Housing Information				See Shelter			
	Digital media					X	
	Social media					X	
	Media					X	
	News					X	
	Printed information					X	
Internet Leisure			X				
	Sports	X	X	X			
	Music		X	X			
	Art		X	X			
	Film			X			
	Creative media			X	X	X	
Media Social Media				See Information			
Shelter		X		X			
Telecommunications			X				
Transportation							
	Car		X	X			
	Mass transit		X	X			
	Bike	X	X	X			
	Trains		X				
	Air travel		X				
Water				See Clean Water			

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This reference material is to be used in conjunction with *Integrated Investing: Impact Investing with Head, Heart, Body, and Soul*.

