

On Razor's Edge

If Humans Have The Will, Human
Behavior Can Change To Avoid Early
Extinction And Build Thriving Future



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Thrive!

Nelson, WI

University Park, MD

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Humans, other creatures, and Earth are living on razor's edge.

Humans face a very bad future – early extinction for humans and many other creatures and greater damage to Earth.

Can and will humans change their behavior enough to avoid a very bad future and build a very good future, a surviving and thriving future? This is the existential question. The existential challenge.



Thriving
Future!

What can we learn from human history about humans' ability and motivation to make very big behavior changes? As it turns out, quite a lot. There is good news. In the past, humans were able and willing to make very large behavior changes. Many were positive, at least in the beginning, and many lasted hundreds if not millions of years.

Starting now and for the future, humans must behave so most humans, other creatures and Earth survive and thrive. If humans do not, then the future will be early extinction for humans and many other creatures and greater damage to Earth, our only home.

Thriving, if it happens, is mostly in the future. It helps if some individuals behave well. But that is not enough. Almost all individuals must behave well. Almost all communities must behave well doing multiple, simultaneous, large, and positive behaviors.

Can it even happen? Yes. Maybe. Large positive behavior changes can occur but usually over extensive time. They have occurred faster over past 200 years. They can occur over very short periods of time. We have the ability. More so than ever in human history.

Will it happen? If humans have the will and do necessary behavior changes, all will survive and thrive long term. Fortunately, today we can do large positive behavior changes in much shorter time.

Only if we have the will. This is the existential challenge. Given human history, highly likely that we do not do the necessary large, positive behavior change unless we greatly fear the alternative. Fear something as bad as early extinction of humans.

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If Humans Have The Will, Human Behavior Can Change
To Avoid Early Extinction And Build Thriving Future.



by

Gary “Chris” Christopherson
Former Senior Executive, U.S. Government
Founder, **Thrive!**[®] - Building a Thriving Future
Sculptor, Thrive! Sculpture by GChris

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DEDICATION

*People who help build, achieve, and sustain
a surviving and thriving future for all forever.*

*People who stop being selfish,
shortsighted, and stupid.*

*People who help prevent early
extinction of humans and all other
creatures and help prevent greater
damage to Earth.*

About The Author

GARY (CHRIS) CHRISTOPHERSON has worked on national and local issues on health and human service strategy, policy, systems, models, performance, reform and management and on reducing vulnerability. Currently in The Thrive! Center Chris founded, he develops strategy, management, policy and performance models and tools for creating, managing and sustaining large scale, positive change and building a better and thriving future. Chris is Founder of *Thrive!*[®], Thrivism[®], Thrive! Park, and HealthPeople[®]. Websites: ThrivingFuture.org ThriveEndeavor.org Thrivism.world HealthPeople.com

This draws from 30+ years of experience in creating, managing, evaluating and sustaining large scale change at national and local levels in public and private sectors. Over career, Chris has served in many senior leadership, management and policymaking positions, including with organizations with multi-billion-dollar budgets and thousands of employees.

Chris' experience includes: Principal Deputy Assistant Secretary and Acting Assistant Secretary of Defense for Health Affairs and Senior Advisor to Assistant Secretaries for Health and Reserve Affairs, Department of Defense; Associate Director, Presidential Personnel, Executive Office of the President, White House; Fellow, National Academy for Public Administration; Senior Advisor to Chief Operating Officer and Deputy Director for the Quality Improvement Group, Centers for Medicare and Medicaid Services, DHHS; Senior Advisor to Under Secretary, Veterans Health Administration, VA; Senior Fellow and Scholar-In-Residence, Institute of Medicine, National Academy of Sciences; Chief Information Officer, Veterans Health Administration, VA; Director of Health Legislation, House Select Committee on Aging, U.S. House of Representatives; and Deputy Director, Municipal Health Services Program (funded by The Robert Wood Johnson Foundation and based at John Hopkins Medical Institutions); and Special Projects Director, City of Milwaukee Health Department.

Chris is a sculptor of Thrive! Sculpture, abstract art focusing on mobile and stabile sculptures and has created over 200 sculptures. GChris.com

Chris wrote several books. **Thrivism - Path to Thriving Future for All. Thrive! - Building a Thriving Future For All. People's Guide To A Thriving Future. Thrive! - Quick Guide To A Thriving Future. Thrive! Endeavor - All Thrive Forever. Early Extinction or Thriving Future. On Razor's Edge. Stop Selfish, Shortsighted, and Stupid. The Thrive! System - Achieving Thriving Future For All. The Thrive! Philosophy. HealthePeople - Achieving Healthy People, Communities, Countries and World via Thrive!. First People Thriving Health Systems - Achieving healthy and thriving First People. A Life in Pursuit of Thriving for All** is story of and by Chris and his lifelong pursuit of a thriving future. Available [Amazon.com](https://www.amazon.com) and [ThriveEndeavor.org](https://www.ThriveEndeavor.org)

Chris created and donated Thrive! Park and The Thrive! Center as public spaces for hiking, environmental education, art creation and display, historical farm buildings, and Thrive! education. Chris created and endowed the Thrive! Scholarship at University of Wisconsin – Madison.

Chris received bachelor's in political science and master's in urban and regional planning from University of Wisconsin (Madison), and did doctoral work in health policy and management at John Hopkins University School of Public Health.

Author's Note

Humans, other creatures, and Earth are living on razor's edge.

We must change our behavior if we want to avoid early extinction and greater damage to Earth and to build a surviving and thriving future for all.

Over human history, there have been several large and positive changes in human behavior. These changes demonstrate that humans are capable, even more now, to change their behavior sufficient to build and achieve a thriving future for all. Only if humans have the will.

What behavior must humans change? We all must stop being selfish, shortsighted, and stupid if we want a surviving and thriving future for all. If we want to avoid early extinction for humans and other creatures and greater damage to Earth.

After more than a decade analyzing human history and behavior, these are the author's conclusions. The current human path is to early extinction for humans and other creatures and greater damage to Earth. But the thriving path still exists, barely, to build a thriving future for all if and only if we act now. If humans have the will to change their behavior positively and sufficiently.

We have a choice to make. Wise choice is a surviving and thriving future for all. **Thrive!**, a strategy developed by the author, is a way to change our behavior and change our future to a much better surviving and thriving future. **Thrive!** is all of us together, a vast human endeavor, building a thriving future for all.

ThriveEndeavor.org

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Brief Summary

Can and Will Human Behavior Change Sufficiently to Avoid Early Extinction and Build Thriving Future?

Humans, other creatures, and Earth are living on razor's edge.

Humans face a very bad future – early extinction for humans and many other creatures and greater damage to Earth.

Can and will humans change their behavior enough to avoid a very bad future and build a very good future, a surviving and thriving future? This is the existential question. The existential challenge.

What can we learn from human history about humans' ability and motivation to make very big behavior changes? As it turns out, quite a lot. There is good news. In the past, humans were able and willing to make very large behavior changes. Many were positive, at least in the beginning, and many lasted hundreds if not millions of years.

Starting now and for the future, humans must behave well so most humans, other creatures and Earth survive and thrive. If humans do not, then the future will be early extinction for humans and many other creatures and greater damage to Earth, our only home.

Thriving, if it happens, is mostly in the future. It helps if some individuals behave well. But that is not enough. Almost all individuals must behave well. Almost all communities must behave well doing multiple, simultaneous, large, and positive behaviors.

Can it even happen? Yes. Maybe. Large positive behavior changes can occur but usually over extensive time. These changes have occurred faster over past 200 years. They can occur over very short time periods. We have the ability. More than ever in human history.

Will it ever happen? If humans have the will and do necessary behavior changes, all will survive and thrive long term. Fortunately, today we can do large positive behavior changes in shorter time.

But only if we have the will. This is the existential challenge. Given human history, highly likely that we do not do the necessary large, positive behavior change unless we greatly fear the alternative. Fear something as bad as early extinction of humans.

Summary

Can and Will Human Behavior Change Sufficiently to Avoid Early Extinction and Build Thriving Future?

Humans, other creatures, and Earth are living on razor's edge.

Humans face a very bad future – early extinction for humans and many other creatures and greater damage to Earth.

Tragically and unnecessarily, we are on the path to early extinction for humans and many other creatures. Path to great damage to Earth, our only home.

The question is whether humans can and will change their behavior enough to avoid that very bad future and build a very good future, a surviving and thriving future. This is the existential question. The existential challenge.

What can we learn from human history about humans' ability and motivation to make very big behavior changes? As it turns out, quite a lot. There is good news. In the past, humans were able and willing to make very large behavior changes. Many were positive, at least in the beginning, and many lasted hundreds if not millions of years.

But our story, story of humans on Earth, is story of terrible human failures. Our failure to survive. Our failure to thrive. Our failure to protect other creatures. Our failure to protect Earth, our only home.

Be honest with ourselves. Every one of us, to some greater or lesser degree, is selfish, shortsighted, and stupid.

The direct and unequivocal challenge? Simple. Stop being selfish. Stop being shortsighted. And, stop being stupid! Stop! Just stop!

What will our life and our world be in a thriving future where all survive and thrive forever, to the maximum extent possible?

Thrive![®] is this future and is a bold vision and mission.

A thriving future is a better life now and for the near and long term future for the whole world (people and Earth, plants, animals, environment) and for all the world's people and the Earth itself.

For all that we care about, it is a much better life and future with less vulnerability, with surviving, and with sustained thriving.

Why must we care about a surviving and thriving future for ourselves, our friends and family, our community, our country and our world? What drives us is that humans need to survive and desire to thrive in the current world and a sustainable future world.

How to change human behavior sufficiently? The **Behavior Effectiveness Model (BEM)**, created by the author, provides a model and tools for large, positive human behavior change.

Starting now and for the future, humans must behave so most humans, other creatures and Earth survive and thrive. If humans do not, then the future will be early extinction for humans and many other creatures and greater damage to Earth, our only home.

Thriving, if it happens, is mostly in the future. It helps if some individuals behave well. But that is not enough. Almost all individuals must behave well. Almost all communities must behave well doing multiple, simultaneous, large, and positive behaviors.

Can it even happen? Yes. Maybe. Large positive behavior changes can occur but usually over extensive time. They have occurred faster over past 200 years. They can occur over very short periods of time. We have the ability. More than ever in human history.

Will it ever happen? If humans have the will and do all the necessary behavior changes, all can and will survive and thrive long term. Fortunately, we are most capable in human history and can do large positive behavior changes in much shorter time.

But only if we have the will. This is the existential question. The existential challenge. Given human history, we are unlikely to do the necessary large, positive behavior change unless we greatly fear the alternative. Fear something as bad as early extinction of humans.

Thrive![®] is a surviving and thriving future for all forever. It is building a thriving future. It is a vast, sustained human endeavor building and sustaining a thriving future. It is necessary at this "tipping point" when our future is most endangered, and we are most capable. ThriveEndeavor.org



1. Can and Will Human Behavior Change Positively and Sufficiently?

Humans, other creatures, and Earth are living on razor's edge.

Humans face a very bad future – early extinction for humans and many other creatures and greater damage to Earth.

The question is whether humans can and will change their behavior enough to avoid that very bad future and build a very good future, a surviving and thriving future. This is the existential question. The existential challenge.

What Can We Learn from Human History? Is There a Good Reason to Hope?

What can we learn from human history about humans' ability and motivation to make very big behavior changes? As it turns out, quite a lot. There is good news. In the past, humans were able and willing to make very large behavior changes. Many were positive, at least in the beginning, and many lasted hundreds if not millions of years.


Looking back over human history, the best historical examples of large positive and long lasting behavior change are those that result in drinking safe drinking water, educating children and some adults, farming and producing food for others, protecting health, living with more income and wealth, and living together in geographic communities (for example, villages, towns, and cities).

But there is caution as well. Many behavior changes had negative effects as well. Living in geographic communities resulted in more sharing of resources but resulted in more dependency on other humans and losing touch with nature. Many changed from being mostly positive to mostly negative. Almost all only dealt with one aspect of life, such as drinking safe drinking water or educating children and some adults. The only one that dealt with a broad set of issues has been building and sustaining “communities”. But even that has both positive and negative effects.

What Is the History of Large Human Behavior Change? Is There Hope for Large, Long-lasting Positive Change?


So, in the course of human history over the past millions of years, what are the large behavior changes that have been, to at least some degree, positive and long lasting? Let’s start way back in time and work forward to the more recent past. *

Early in human history, humans lived outdoors in pre-existing shelter, including under trees and in caves. When humans changed behavior, most humans lived indoors in shelter they built. Some were movable and some were stationary. More stationary in past 5,000 years. These behavior changes, living in human built shelter, avoided many negative effects of nature.


<p><u>Early Human Behavior</u> Lived outdoors in pre-existing shelter (e.g., under trees, in caves).</p>	 <p>Changed Behavior</p>	<p><u>Current Human Behavior</u> Live indoors in human-built shelter. Avoided many negative effects of nature.</p>
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* Historical time frames (e.g., last 200 years) are only to give a rough sense of when there was a large change in a particular set of human behaviors


Early in human history, humans lived as nomads. Moving as needed to ensure sufficient food. Nomadic “communities” began millions of years ago. When humans changed behavior, more humans lived in and around geographic communities (for example, villages, towns, and cities). More so in past 5,000 years. These behavior changes, living in geographic communities, resulted in more sharing of resources but resulted in more dependency on other humans and losing touch with nature.

<p><u>Early Human Behavior</u> Lived as nomads. Moving as needed to ensure sufficient food.</p>	 <p>Changed Behavior</p>	<p><u>Current Human Behavior</u> More humans live in and around geographic communities. More sharing of resources but resulted in more dependency on other humans and losing touch with nature.</p>
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Early in human history, humans gathered food and hunted for food. Humans began farming food in the last 20,000 years. Began manufacturing food mostly in last 5,000 years. These behavior changes resulted in more available foods and a greater variety of foods.

<p><u>Early Human Behavior</u> Gathered and hunted for their food.</p>	 <p>Changed Behavior</p>	<p><u>Current Human Behavior</u> Mostly farm and manufacture food. More available foods and a greater variety of foods.</p>
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Early in human history, humans provided little or no education of children or adults. Learning mostly came from “imitation” of adult behavior. Humans began educating children and some adults mostly in the last 3,000 years. These behavior changes resulted in much more capable humans.

<u>Early Human Behavior</u> Provided little or no education of children or adults.	 Changed Behavior	<u>Current Human Behavior</u> Educating children and some adults. Much more capable humans.
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Early in human history, humans did very little to prevent illness and did very little treatment of illnesses. Humans began doing much more treatment of illness and injury, starting mostly about 3,000 years ago and with most improvements in last 500 years. These behavior changes resulted in much less illness, much better treatments for illness and injury and healthier humans. Much less so for poor and near poor humans.

<u>Early Human Behavior</u> Did very little to prevent illness and did very little treatment of illnesses.	 Changed Behavior	<u>Current Human Behavior</u> Do much more treatment of illness and injury. Much less illness, much better treatments for illness and injury and healthier humans. Much less so for poor and near poor humans.
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Early in human history, humans did very little to protect from heat and cold. Later, humans did some limited protection using fire and shelter. Humans began protecting themselves substantially from heat and cold by first having heating systems and then cooling systems. Mostly this was done in last 500 years. These behavior changes resulted in much greater comfort and increased safety from extreme heat and cold.

<u>Early Human Behavior</u> Did very little to protect from heat and cold.	 Changed Behavior	<u>Current Human Behavior</u> Protecting themselves substantially from heat and cold by first having heating systems and then cooling systems. Much greater comfort and increased safety from extreme heat and cold.
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Early in human history, humans drank almost any available water. As best they could determine, they tried to drink safer water, for example using spring water. Humans began drinking safer water by creating wells to better access underground water. Humans made drinking water even safer by treating water. Most of his improvement has been in the past 300 years. The positive human behavior changes resulted in safer drinking water. Unfortunately, there has also been greater contamination of underground and surface water in more recent years.

<u>Early Human Behavior</u> Drank almost any available water.	 Changed Behavior	<u>Current Human Behavior</u> Drinking safer water by creating wells to better access underground water. Drinking water even safer by treating water. Safer drinking water. Greater contamination of underground and surface water.
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Early in human history, humans lived highly vulnerable lives, under threat from predators, weather, unsafe water, and insufficient safe food. Humans began reducing vulnerability by protecting themselves from many threats. Much of this improvement is in last 200 years. These behavior changes resulted in humans living much less vulnerable lives.

<u>Early Human Behavior</u> Lived highly vulnerable lives, under threat from predators, weather, unsafe water, and insufficient safe food.	 Changed Behavior	<u>Current Human Behavior</u> Began reducing vulnerability by protecting themselves from many threats. Living much less vulnerable lives.
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Early in human history, human mobility was mostly limited to humans' own power - walking, running, and swimming. Later, human mobility increased by using animals, paddling boats, and moving boats with sails. Much later, human behavior changed as humans were able to move on ground, on water, and in the air by powered machine. Most of the latter changed in the past 200 years. These behavior changes resulted in much greater human mobility.

<p><u>Early Human Behavior</u> Mobility was pretty much limited to humans' own power - walking, running, and swimming.</p>	 Changed Behavior	<p><u>Current Human Behavior</u> Mobility increased by using animals, paddling boats, and moving boats with sails. Much later, human behavior changed as humans were able to move on ground, on water, and in the air by powered machine. Much greater human mobility.</p>
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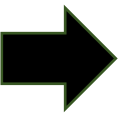
Throughout much of human history, most humans lived with little income and little wealth. Now, substantially more humans live with substantially more income and wealth. At the same time, there are still massive numbers of poor and near poor. Most of this change occurred in last 200 years. These behavior changes resulted in many more humans living more comfortable lives while there remain far too many humans living impoverished lives.

<p><u>Early Human Behavior</u> Most lived with little income and little wealth.</p>	 Changed Behavior	<p><u>Current Human Behavior</u> Substantially more live with substantially more income and wealth. Still massive numbers of poor and near poor. Many more humans living more comfortable while far too many living impoverished.</p>
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Throughout much of human history, humans produced goods, except for housing, mostly for immediate and yearly survival. Now, humans produce goods for immediate and longer term survival, thriving, and enjoyment. Most of this change occurred in last 200 years. These behavior changes resulted in the production and use of more goods for survival, thriving and enjoyment.

<p><u>Early Human Behavior</u> Produced goods mostly for immediate and yearly survival.</p>	 Changed Behavior	<p><u>Current Human Behavior</u> Produce goods for immediate and longer term survival, thriving, and enjoyment. Production and use of more goods for survival, thriving and enjoyment.</p>
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Throughout much of human history, humans ate any available, sustaining food without much regard to safety or health. Now, humans can eat “safer” and “healthier” food but often eat “unhealthy” foods. Most of this change occurred in past 100 years. These behavior changes resulted in humans avoiding more adverse health while also exposing humans to more adverse health.

<p><u>Early Human Behavior</u> Ate any available, sustaining food without much regard to safety or health.</p>	 Changed Behavior	<p><u>Current Human Behavior</u> Can eat “safer” and “healthier” food but often eat “unhealthy” foods. Avoiding more adverse health while also exposing humans to more adverse health.</p>
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Early in human history, humans did little to affect the surrounding environment. Many behaved in ways that created a nurturing relationship with their environment. Later, humans changed much of their environment for a variety of reasons including food production and residential and business development. Much of this change was in the last 200 years. Even more in the past 100 years. These behavior changes resulted in some improvement in shorter term human living conditions but did great damage to the environment and to long term human living conditions.

<p><u>Early Human Behavior</u> Did little to affect the surrounding environment. Many behaved in ways that created a nurturing relationship with their environment.</p>	 <p>Changed Behavior</p>	<p><u>Current Human Behavior</u> Changed much of their environment for a variety of reasons including food production and residential and business development. Some improvement in shorter term human living conditions but did great damage to the environment and to long term human living conditions.</p>
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Can and Will Large, Long-lasting Positive Human Behavior Change Produce Survival and Thriving for All?

Throughout much of human history, most humans behaved so as to just survive. Barely survive. Relatively small numbers of humans behaved so as to thrive.

To the extent to this was positive, there was cost. A very large cost. Earth was greatly damaged, especially in the last 200 years. Many non-human creatures were harmed in many ways, more so in the last 200 years. Many of these creatures went extinct. Many more will go extinct in the future. Many humans were harmed in many ways, especially First People (first humans living in a geographic area were often harmed in many ways) and poor and near poor humans.

Historically, humans made several large, positive behavior changes that lasted over long time. That is the past.

What is the future?



on razor's edge

3' x 3' metal mobile

We are living on razor's edge. Amidst destruction caused by humans, we are engaged in struggle for future of humans, many other creatures, and Earth and universe. Sitting on a razor's edge, we must and can save ourselves, many other creatures, and Earth and universe via building a thriving future for all forever.



2. Early Extinction and Greater Damage To Earth.

Tragically and unnecessarily, we are on the path to early extinction for humans and many other creatures. Path to great damage to Earth, our only home.

Our story, the story of humans on Earth, is the story of terrible failure. Our failure to survive. Our failure to thrive. Our failure to protect other creatures. Our failure to protect Earth, our only home.

Human failures. Failures by our own actions. Failures through no fault but our own.

We, or at least many of us, do not think so. We are so wrong. So very wrong.

We do not want to think it is so. Unfortunately, we are fooling ourselves. As a result, we harm ourselves and the rest of the world now and into the future.

If we do not think so or do not want to think it is so, we should stop and think about our current path. Our current future. Stop and look around. What do we see? Listen. What do we hear?

Too many people. Too much vulnerability. Too much poverty. Too much poor health. Too little good housing. Too much hunger. Too little good education. Too many people not developing well. Too much racial/ethnic and sex discrimination. Too much pollution in land, air, and water. Too little food producing land remains. Too much natural habitat lost. Too much opportunity for pandemic viruses and bacteria. Too many carbon absorbing mechanisms being lost. Too much of Earth's ice melting. Too much unstable, destructive climate. Too many and more severe storms. Too many species going extinct. Too much overuse of irreplaceable or limited national resources. Too much of Earth not sustainable. Too early extinction likely for humans and many other species. Too much damage to Earth (only planet that humans may and should have).

Our current path is a bad path. A very, very bad path. Our current future ends badly. Very, very badly.

To get one current view of our bad path, think about what happened globally in years 2019 through 2021.

Now and into the future, we face the major threat of future human pandemics. As humans did with Spanish Flu in 1918, we have suffered through another human pandemic, COVID-19, causing great illness and millions of deaths globally.

We suffered millions of unnecessary deaths by our failure to prepare for and protect against the virus. We suffered untold amounts of severe illness by our failure. We suffered untold amounts of social and economic cost by our failure.

As bad as COVID-19 and all its variants have been, this is not even the worst pandemic that humans could face. There are even worse ones that humans may face in the future. Worse ones that we may help bring about through our interactions with other animals and other parts of Earth that may harbor deadly viruses.

We still may face a virus that will be an existential threat to humans.



existential threat

3' x 3' metal mobile

Existential threats to Earth and all its inhabitants are posed by creatures as diverse as humans and as viruses and bacteria. COVID-19 is just one of them. Each of these is a major but not unsurmountable challenge to the future of Earth and all its inhabitants.

It is not a question of whether or not we are headed to early extinction. The only questions. How fast? How exactly it will come about? Who and what will go first? And what, if anything, will be left and in what way will it still exist?

Tragically and unnecessarily, the end is coming far, far too soon.

Our future is endangered. Early extinction is coming. Almost certainly will happen on our current path and even on the best of our past paths.



early extinction

3' x 3' metal mobile

Our current path is to early extinction. Not a thriving path to a thriving future. Early extinction for humans and many other creatures. Great damage to Earth.

We are still able to avoid early extinction and achieve thriving future. If we have the will.

Again, not a question of if. Unless we change our behavior.

Some question as to when. In recent years and on our current path, we have been on a much faster path to early extinction. Using the best path of past years, we could be on a slower path, maybe a much slower path, to early extinction. But a slower path for humans might mean more early extinction for other creatures and greater damage to Earth.

But we must do even better. A quantum positive change in path, like **Thrive!***, could change the path and future. Could put us on thriving future path and change the future to a thriving future. Get us to a thriving future rather than early extinction.

Caution! We are almost out of time. Already, if we listen carefully, we can hear “death rattle”. “Death rattle” of humans. “Death rattle” of many other creatures. And maybe even “Death rattle” of Earth.

Caution! The foreboding death rattle is first heard, becomes more pronounced and then is gone. Silence. Silence means death. Possibly death in the form of early extinction of oxygen-breathing creatures, including the human species.

Are we humans to blame for the threat of early extinction? Clearly, we are. Clearly, only we humans are. Earth’s other creatures are not to blame. Earth is not to blame.

* **Thrive!**[®] is a surviving and thriving future for all forever. It is building a thriving future for all forever. It is and requires a vast, sustained human endeavor building and sustaining a thriving and surviving future for all forever. It is necessary at this "tipping point" when our future is most endangered and we are most capable. **Thrive!** is more ambitious and very different than anything tried or achieved in human history. ThriveEndeavor.org

Humans' failed behavior is what has created the risk of early extinction for humans and many other creatures. The risk of a severely damaged and maybe uninhabitable Earth.

We will be judged harshly for that failure. We should be judged harshly for that failure.

Now some humans suggest that our future lies elsewhere. Lies on another planet in or outside our solar system. They even suggest that we can and will figure out how to get there and how to live there.

Some humans are spending vast amounts of money to develop and fund space travel. Space travel, they argue, will give us another "Earth" after we effectively make this Earth uninhabitable.

That is a false promise. The false promise of another "Earth".

For many reasons, there should not and cannot be another "Earth". No other planet is close enough. Only select few humans would make it even if there was another "Earth". Not enough time to create ships, many ships, capable of moving mass numbers (billions) of people across vast expanses of space.

And, if another planet is habitable for species like us, other intelligent species may already have that planet as their own home planet. They might not like us trying to inhabit their planet after making our own planet uninhabitable. Just like we might not like a species from another world coming here to make Earth its new home after making their own planet uninhabitable.

On our current path to early extingting Earth, humans have no right to another planet. No right to another world. No right to another "Earth". The human species does not deserve another Earth after destroying our Earth.



false promise of another Earth

3' x 2' metal mobile with abstract background

Care for the Earth we have as it is a false promise that there can be another Earth. No other planet close enough. Only select few would make it even if there was one. Not enough time to create ship capable of moving mass numbers of people. But most importantly, the human species doesn't deserve another Earth after destroying our Earth.

Instead embrace, nurture and preserve our Earth we have. Thriving future, but only on our Earth.

As bad as our situation is, not all hope is lost. Again, there is reason for hope.

But false hope is worse than no hope. False hope encourages one to change nothing for the better. True hope, to whatever extent it is, is what we can and must act on and use to change the current future for a better future.

Hope of a less vulnerable world, not suffering early extinction, and achieving a thriving future remains. But that hope is waning quickly.

Our chance of avoiding an endangered future and achieving a thriving future is very small already. Grows smaller and smaller every day.

That hope grows fainter every moment we delay changing our behavior and changing our future. And, tragically, we continue to delay.

Whatever positive changes in human behavior we are making currently are far, far from enough. And, tragically, we continue to not make enough positive change.

Hope yes. But less and less each day.

Unless we change. Really, really change. Bigger positive changes than all the negative changes we made in the past.

Unless we get ourselves on the path to, acquire a belief in, and embrace a vision of thriving future for all, we are doomed.

Thrive! (aka **Thrivism**) provides this hopeful path. This inspiring vision. This positive belief system. Helps us achieve this positive way of life.

More than ever before in our history, our and Earth's current vulnerable future is bad. High vulnerability. Survival too little & ends too soon. Low thriving.

But a surviving future is not good enough. High vulnerability. Survival extended but ends too soon. Low thriving.

Thriving future is best. Vulnerability minimized. Survival extended as long as habitable Earth. Full thriving for long term and all people, other creatures, and Earth.

So how should and can we get off this current bad future path? Get on the better, thriving future path, the path to a thriving future where all thrive forever?

Simply by our stopping being selfish. Stopping being shortsighted. Stopping being stupid. Really stupid.

That is it. That is all it will take.

Stop being such an undeserving species. Such a disappointing species.

As a species, we humans have proven ourselves undeserving of Earth or any other world. The future portends our continuing to be undeserving until we extinct Earth and many of its creatures.

Early
Extinction!

Early Extinction or Thriving? Future of Humans & Earth

Thrive!

Future?

Thriving
Future via
Thrive!
Path

Best Future.

Full thriving & extended survival for humans & other creatures long term.

Minimal damage to Earth due to humans.

Much thriving. Minimal vulnerability.

Early
Extinction
Via
Current
Path

Worst Future.

Early extinction for humans & many creatures.

Great damage to Earth due to humans.

Little thriving. Most vulnerability.

Early
Extinction

Other Futures – Too much vulnerability. Too little surviving. Too little thriving. Too much Earth damage.



3. What Human Behavior Change Is Enough? Stop Being Selfish, Shortsighted and Stupid!

Be honest with ourselves. Every one of us, to some greater or lesser degree, is selfish, shortsighted, and stupid. **

The direct and unequivocal challenge? Simple. Stop being selfish. Stop being shortsighted. And, stop being stupid!

Stop! Just stop!

We are destroying our and our children's' future. Driving many other creatures to extinction. Damaging Earth more every day.

If we do not stop, our future is early extinction for humans and many other creatures. Our future is even greater damage to Earth, our only home.

Think carefully. Choose wisely. Choose as if our whole future is at stake. Because it is.

This challenge is to all humans.

Stop being selfish, shortsighted, and stupid. Instead, build and achieve a thriving future for all humans, other creatures, and Earth.

** By "stupid", I mean being "silly or unwise; showing poor judgment or little intelligence;" (Cambridge Dictionary). I mean being "given to unintelligent decisions or acts: acting in an unintelligent or careless manner" (Merriam-Webster Dictionary). It is not our natural intelligence. It is how we choose to think and behave. It is our choice for our own life and for everything else.



stop selfish, shortsighted & stupid

GChris

stop being selfish, shortsighted & stupid

3' x 3' wood and metal stabile

We all must stop being selfish, shortsighted, and stupid if we want a surviving and thriving future for all. If we want to avoid early extinction for humans and other creatures and greater damage to Earth.

The current human path is to early extinction for humans and other creatures and greater damage to Earth. But the thriving path still exists, barely, to build a thriving future for all if and only if we act now.

We have a choice to make. Wise choice is a surviving and thriving future for all.

We are still able to avoid early extinction and achieve thriving future. If we have the will.

Our only hope is to build and achieve a surviving and thriving future for all.

What if we stopped being selfish, shortsighted, and stupid? What is the best we could hope for? A thriving future for all? Yes.

How could we achieve this thriving future for all?

Immediately, all of us together build thriving future for our families and friends, communities, countries, and world. A vast human endeavor.

Immediately, each and all of us separately and together stop negative actions and take only positive actions.

Immediately, start with who and what you care about and move from vulnerable to surviving to thriving.

Immediately stop being selfish, shortsighted, and stupid.

Join together as a community and do this. Stop.

Now, at this critical moment in human and Earth history. Now, at this critical moment when we humans are most capable. Now, at this critical moment when humans, other creatures and Earth are most endangered. Together, we must act more positively than we have ever done before.

Join together and stop being selfish.

Build for the long-term future and stop being shortsighted.

Be very, very wise and stop being stupid.

This and only this will get us off the current bad path and on the thriving future path. To a thriving future for all humans, all other creatures, and Earth.

But can we still achieve a thriving future for all forever?

Yes, if we believe we can and act accordingly.

We can if we act now. It is still our choice to make. But time has almost run out.

We can if we use our full ability. We have the ability as we are most capable in all human history.

We can if we care enough about self, everyone else, everything else and Earth. We must stop selfishness.

As a species, we humans have proven ourselves undeserving of Earth or any other world. The future portends our continuing to be undeserving until we extinct Earth and many of its creatures.

Again, unless we stop being undeserving. Unless we stop being so disappointing. Unless we positively change. Really, really big time positively change. Only then, we may have a thriving future.

We can if we care enough about both near- and long-term future. We must stop shortsightedness.

We can if we use all the knowledge and wisdom that we have. We must stop being “stupid”.



the undeserving species

3' x 3' metal mobile

Humans, the undeserving species so selfish and shortsighted, deserve not Earth or any world.

The undeserving species. The disappointing species. As a species, we humans have proven ourselves undeserving of Earth or any other world. The future portends our continuing to be undeserving until we extinct Earth and all its creatures. Unless we change and build and sustain a thriving future.



4. What A Thriving Future Will Be.

What will our life and our world be in a thriving future where all survive and thrive forever, to the maximum extent possible?

Thrive![®] is this future and is a bold vision and mission.

For ourselves and our family and friends, a thriving future is a better life now and for the near and long term future for all of us and for future generations.

For ourselves and our community, a thriving future is a better life now and for the near and long term future for the whole community and for all of the community's people.

For ourselves and our country, a thriving future is a better life now and for the near and long term future for the whole country and for all of the country's people.

For our world, a thriving future is a better life now and for the near and long term future for the whole world (people and Earth, plants, animals, environment) and for all the world's people and the Earth itself.

For ourselves and all that we care about, it is a much better life and future with less vulnerability, with surviving and with sustained thriving.

When a surviving and thriving future is achieved, our selves and our families and friends, communities, states, countries, and world will be:

- Performing well,
- Well-off (financially),
- Well nourished,
- Well housed,
- Well protected (exposures, crime),
- Well educated,
- Physically and mentally well (people),
- Growing/developing well,
- Living within good habitat,
- Physically well (Earth, plants, animals, environment),
- Not vulnerable,
- Producing personal and public goods,
- Living within a stable, positive climate, and
- Sustained.

When achieved, we will have helped you, families and friends, communities, states, countries, and world move up from:

- Performing poorly or badly,
- Being poor (financially),
- Being poorly nourished,
- Being poorly housed,
- Being poorly protected (exposures, crime),
- Being poorly educated,
- Being physically or mentally ill (people),
- Growing and developing poorly or badly,
- Not doing well “physically” (Earth, plants, animals, environment),
- Living within poor or bad habitat,
- Being excessively vulnerable,
- Living in an unstable, destructive climate, and
- Not being sustained.

When achieved, we will have fulfilled the hope of all, and especially:

- Vulnerable individual people (persons),
- Vulnerable families and friends,
- Vulnerable communities (including neighborhoods, villages, towns, cities, counties, regions),
- Vulnerable states,
- Vulnerable countries, and
- A vulnerable world.

When achieved, we will have:

- Thriving individual people (persons),
- Thriving families and friends,
- Thriving communities (including neighborhoods, villages, towns, cities, counties, states, regions),
- Thriving countries, and
- A thriving world.

Thrive!, a thriving future, is different and arguably better than anything tried or achieved in human history. Not just getting by or achieving a surviving future. A surviving future is necessary but not sufficient.

It is a thriving future for all people and all future generations, a "50+ generation" strategy. Not just for some people or just for the current and next generation.

It is a thriving future forever, a 1000+ year strategy. Not just for today or just 100 years.

It is also for Earth on which we live and depend, not just for people.



envision earth embraced, sustained & thriving

3' x 3' metal mobile

Envision earth and all its creatures embraced to achieve sustained thriving for all everywhere for all time.



5. Why Care About A Thriving Future.

Why must we care about a surviving and thriving future for our selves, our friends and family, our community, our country and our world? All of us want and need that future because of our endangered future and our human need to survive and desire to thrive. What drives our behavior is that a person and a people need to survive and desire to thrive in the current world and a sustainable future world.

Our needing and desiring a surviving and thriving future and all the associated behaviors are driven by a natural human force - “a person needs to survive and desires to thrive.” To truly satisfy this need and desire, we need the following:

- 1) we, as a person and a people, need to survive and desire to thrive,
- 2) we depend on other persons (a people) for survival and thriving, especially in the long term,
- 3) our need and desire apply to both the current and future world,
- 4) our future survival and thriving depend on there being a future world, and
- 5) our future world must be sustainable and sustained to fully meet our need and desire.

For these reasons, building, achieving and sustaining a thriving future forever (to the maximum extent possible) for our selves, our family and friends, our community, our country and our world is the human endeavor and the ideal.

This is why we care about a thriving future. But let’s be a bit more specific.

What future must we build, achieve and sustain? Our selves, our family and friends, our community, our country and our world want to and must build, achieve, and sustain a surviving and thriving future.

All of us, almost without exception, want to thrive. Thriving means:

- Performing well,
- Being well-off (financially),
- Being well nourished,
- Being well housed,
- Being well protected (exposures, crime),
- Being well educated,
- Being physically and mentally well (people),
- Growing/developing well,
- Living within good habitat,
- Being physically well (Earth, plants, animals, environment),
- Not being vulnerable,
- Producing personal and public goods,
- Living within a stable, positive climate, and
- Being sustained.

This is the best future for our selves, our family and friends, our community, our country, and our world (including the Earth on which we depend).

All of us, almost without exception, want to and must survive.

Surviving means at least:

- Performing at a minimal level,
- Having the minimum levels of resources, food, housing, protection, education, physical and mental health (people), personal growth and development, and habitat,
- Surviving “physically” (Earth, plants, animals, environment),
- Not being excessively vulnerable,
- Producing minimum levels of personal and public goods,
- Being in a humanly survivable climate, and
- Being sustained at a minimal survival level.

This is not the best future, but it is far better than not surviving.

What future must we avoid? Our selves, our family and friends, our community, our country and our world want to and must avoid a bad or endangered future. A bad future means:

- Performing poorly or badly,
- Being poor (financially),
- Being poorly nourished,
- Being poorly housed,
- Being poorly protected (exposures, crime),
- Being poorly educated,
- Not being physically or mentally well (people),
- Not growing and developing well,
- Not doing well “physically” (Earth, plants, animals, environment),
- Living within poor or bad habitat,
- Being excessively vulnerable,
- Living in an unstable, destructive climate, and/or
- Not being sustained.

In an endangered future, there is the risk of any or all of these. No one wants to risk this bad future let alone live this bad future.

A bad future also means not fixing what we already know is broken and likely to stay broken.

As we look around us at the people and the world which we care about, much of what is important to us is already broken or is endangered, much of it unnecessarily so. This is probably true for our selves and our family. This is true for our community, our country and our world.

For example, in the United States, our financial systems' failure did and still could bring down our country's and our world's financial system. Housing bubbles have burst, and lifetime savings lost. While some of our housing markets improve, many people cannot buy homes (lack resources, can't get loans, job insecurity) or they own homes they cannot afford or sell. Even with the Affordable Care Act, our health care remains inaccessible, unaffordable and of poor quality for many people. Our education systems leave children behind and fail to educate children to their full potential. Our economic system rewards many people far beyond their contribution, holds many far below their potential contribution, and keeps many in or near poverty. Our environment is under more stress than it can handle in the decades and centuries to come. On energy, our future was bet on non-renewable energy sources, and we have yet to turn to conservation and renewable energy at a level commensurate with long term energy needs and supply.

For some countries, the situation is better. For some, it is worse. All countries and the world as a whole are and will continue to be broken to some greater or lesser extent.

But these are only individual broken pieces for us to fix. In the real world, fixing the future means fixing these broken pieces together with fixing related broken pieces, for example health with the economy, education with food, energy with the environment, and housing with protection. Fixing these together is more likely to achieve a surviving and thriving future. Fixing all these together is the most likely to achieve a thriving future.

Because it is people who have broken much of the world and endangered its future, it is people who must care about and must fix what is broken and build a survivable and thriving future. Because it is only people who can change our future, it is people who must build, achieve and sustain a surviving and thriving future.

All of this is why we care about a surviving and thriving future. This is the reason for the **Thrive! Endeavor**[®]. ThriveEndeavor.org



The Thrive! Endeavor

3' x 3' Metal Mobile

Join with the Thrive! Endeavor® and together help create and empower a vast, sustained human endeavor building and sustaining thriving and surviving future for all forever.



6. Building Thriving Future Using Behavior Effectiveness Model (BEM)

Much of the ineffectiveness of positive human behavior change efforts can be traced to inability (and often lack of motivation) to deal with human behavior.

Traditionally, people trained in effecting positive change (e.g., building a better and thriving future) are not trained to deal with human behavior. Working effectively with people is viewed as a skill gained only through extensive experience. Not really true. Effective interaction with people is a skill that can be acquired without extensive experience but can be enhanced through extensive experience. People can be trained to use behavioral skills and analysis and through experience increase their effectiveness.

When a community or country or world wants to achieve some positive change and outcome, people must be able (e.g., have sufficient funding, have no legal restrictions, have requisite knowledge and skills) and motivated (e.g., see it as desirable, see it filling a need). Implementers of change must be able and motivated to accept and execute the change. Implementers must see the change as effective in achieving community, country, world, and/or personal outcomes. Effective change agents need to better assist and/or affect decisions and better design and evaluate change proposals in terms of behavior requirements.

When change agents wish to understand, assist and/or affect a behavior in a specific decision or action or over a series of decisions or actions, change agents need a “handle” which identifies discrete determinants of behavior and provides a theory which indicates how these determinants affect near and long term behavior.

The Behavior Effectiveness Model (BEM), an extension and refinement of Expectancy Theory, assumes that behavior determinants can be identified for these behavior objectives. ***

The Behavior Effectiveness Model’s (BEM) value lies in:

- being relatively parsimonious,
- incorporating key aspects of other behavioral models,
- being “computable” (i.e., it can use databases (personal and environmental characteristics, desired behaviors and tailored interventions)),
- tailoring applicability to more than one person simultaneously by using individual characteristics and desired behavior(s) and
- using evidence-based interventions that can be tailored to those characteristics and the desired behavior.

Most recently, the Behavior Effectiveness Model (BEM) and related models have been used to build **Thrive!** – a vision, strategy, model, and tools for building, achieving and sustaining a surviving and thriving future for all forever. Achieving a thriving future depends on human behavior. Achieving a thriving future depends on a successful change effort for human behavior which the author calls the **Thrive! Endeavor**[®] (TE).

*** The Behavior Effectiveness Model (BEM) is described more completely in the author’s book – **Behavior Effectiveness Model – Building Thriving Future using Behavior Effectiveness Model (BEM)** available via [Amazon.com](https://www.amazon.com) and as free download via [ThrivingFuture.org/Thrive! Books.html](https://ThrivingFuture.org/Thrive!Books.html)

What the **Thrive! Endeavor** and this human behavior change need to achieve is a thriving future where a person, a community, a country, and our world are thriving:

- performing well,
- being well-off (financially),
- being well nourished,
- being well housed,
- being well protected (exposures, crime),
- being well educated,
- being physically and mentally well (people),
- growing/developing well,
- living within good habitat,
- being physically well (Earth, plants, animals, environment),
- not being vulnerable,
- producing personal and public goods,
- living within a stable, positive climate, and
- being sustained.

All of us want and need that future because of our endangered future and our human need to survive and desire to thrive. What drives our behavior (motivation) is that a person and a people need to survive and desire to thrive in the current world and a sustainable future world.

To truly satisfy this need and desire and drive the most positive behavior, we need (motivation) the following:

- we, as a person and a people, need to survive and desire to thrive,
- we depend on other persons for survival and thriving, especially in the long term,
- our need and desire apply to both current and future world,
- our future survival and thriving depend on there being a future world, and
- our future world must be sustainable and sustained to fully meet our need and desire.

Achieving a surviving and thriving future is dependent on these being the primary drivers of and motivation for future positive human behavior. Helping to make that happen is the rationale and role for BEM and the **Thrive! Endeavor**.

See accompanying book – **Thrive! – Building a Thriving Future** (ThriveEndeavor.org) for more details on the following steps and models:

- Systems Model (including “Ideal Systems”),
- Status Model,
- via Model,
- Status Model,
- Performance Improvement Model, and
- Strategy and Supportive Strategies Model.

Though the strategy building steps in Table 1 imply sequential application that is not always the case.

- Step 1 is important in our understanding the current system (person, community, country, or world), its status, its projected actions, and its projected people and population behaviors. Step 1c helps us organize that thinking of how we might get from the current situation to a better and thriving future for the targeted system (you, community, country or world).
- Step 2 helps us work through what needs to be changed and how we might make that change.
- Step 3 pulls all this together to help us create and execute the overall strategy and supportive strategies.

**** The **Thrive! Endeavor** works with people who have both the motivation and ability to create and sustain positive, large, and timely change and behavior. It helps build and execute strategy that will build a thriving future for you, your community, your country, or our world.

- Step 4 is to make sure we evaluate how we are doing and provide input for changes in strategy.
- Step 5 focuses on the successful execution of the overall strategy and supportive strategies.
- Step 6 makes sure we understand that strategy is not static and needs to adjust to unanticipated input and environmental changes, and the strategy needs to be executed successfully on an ongoing basis.

Table 1. Overall Strategy for Creating and Sustaining Positive, Large Scale Change and Building Thriving Future

The overall strategy is as follows:

Assess current and projected state of target person, community, country, or world.

- a. Use Systems Model (including “Ideal Systems”) to understand targeted person, community, country, or world today.
- b. Use Status Model to identify current status for “whole” person, community, country or world targeted for positive, large scale change.
- c. Use via Model to analyze the positive/negative actions currently impacting or projected to impact “whole” person, community, country or world.
- d. Use Person Model to identify what individual people are likely to do in future.
- e. Use Population Model to identify what populations are likely to do in future.
- f. Use Behavioral Effectiveness Model (BEM) to assess projected people behaviors.

Design strategy to achieve desired status for “whole” person, community, country, or world.

- a. Use Systems Model (incl. “Ideal Systems”) to identify desired future system state.
- b. Use Status Model to identify desired status for targeted system.
- c. Use Performance Improvement Model to identify changes, including behavior, needed to progress from current status and achieve desired status for targeted system.
- d. Use via Model to identify potential interventions for creating and sustaining desired positive, large scale change.
- e. Use Person Model to identify what individual people should do to help achieve the desired positive, large scale change.
- f. Use Population Model to identify what populations of people should do to help achieve the desired positive, large scale change.
- g. Use BEM to identify ability, motivation and desired behaviors that help achieve desired change and to develop supportive strategies to achieve desired behaviors.
- h. Use Strategy and Supportive Strategies Model to identify and assess and organize supportive strategies (sets of interventions) for creating/sustaining desired change.

With above inputs, develop overall, self-perpetuating strategy for creating and sustaining desired positive, large scale change across target person, community, country, or world.

Apply evaluation methodology for assessing strategies’ and interventions’ impact on near and long term status and for implications for future interventions and strategies.

Execute overall strategy and supportive strategies successfully.

Adjust and execute overall strategy and supportive strategies to meet changing inputs and environment.

To assess current and projected behaviors for the persons who need and want a better future, we use BEM (See Figure 1) as follows:

- Identify the persons (the person, the community, the country, our world) who need and want a better future.
- Decide what behaviors are key to a better future. Note that some behavior is one-time, and some is recurring.

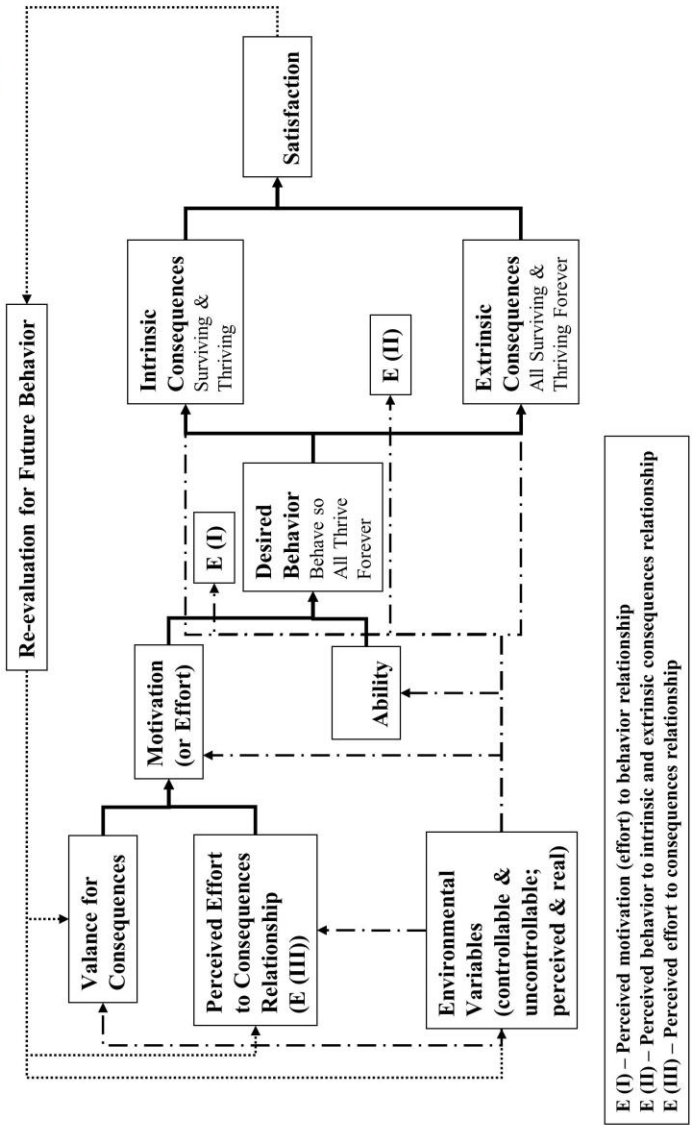
- Assess motivation in terms of its current and future characteristics.
- Assess ability in terms of its current and future characteristics.
- Assess environmental variables, both controllable and uncontrollable and both perceived and real.
- Assess how motivation, ability and environmental variables are likely to affect future behavior without further intervention.
- Assess what are likely to be the intrinsic (internal to person(s)) and extrinsic (external to person(s)) consequences of projected behavior and what is likely to be the person's or persons' satisfaction.
- Assess how consequences and satisfaction are likely to affect future behavior
- Assess how projected behavior, without further intervention, matches to behavior needed to build and achieve a better future.

To identify how a person(s) is likely to behave without and then with the **Thrive! Endeavor**, we use the **Person Model** to extent feasible. This is important because persons may behave in very different ways over time. We get closer to identifying and understanding a person's or persons' behavior to the extent we successfully:

- Identify the person(s) whose behavior is targeted.
- Determine the time frame or life stage(s) to be addressed. The preferred time frame is the person's or persons' whole life.
- Apply the Behavioral Effectiveness Model (BEM) across time and across the person(s) and his/her life stages taking into account differing motivation, ability, behavior, and environmental variables.
- Determine the likely behavior(s) over time and through life stages.



Thrive! - Using "BEM Model"



E (I) – Perceived motivation (effort) to behavior relationship
 E (II) – Perceived behavior to intrinsic and extrinsic consequences relationship
 E (III) – Perceived effort to consequences relationship

9/22/2021
 Based on Behavioral Effectiveness Model (BEM), Gary Christopherson, 1974, 2004, 2015, 2016

Figure 1. Thrive! – Using BEM Model

The power to make large, positive, and timely change is greatest when we apply our efforts to a persons' desired or needed change and when persons want and/or need to make that positive change.

Similar to the **Person Model**, we use the **Population Model** to identify what the community's, the country's or the world's whole population or subpopulations are likely to do without and then with the **Thrive! Endeavor**. This step plays an especially important role when we lack information at the individual person level and/or when an intervention can't be customized at the individual person level. We get closer to identifying and understanding population behavior to the extent we successfully:

- Identify the population whose behavior is targeted.
- Decide what the point(s) are in time and life stage(s) to be addressed.
- Apply the BEM model across time and across subpopulations and their life stages taking into account differing motivation, ability and environmental variables.
- Determine the likely behavior(s) over time and through life stages.

Each and all of us should develop and do as many positive behaviors (decisions and/or actions) as we can. The more positive behaviors, the better for all of us. Each and all of us should do behaviors that help build, achieve and sustain a surviving and thriving future for ourselves. Each and all of us should do behaviors that help build, achieve and sustain a surviving and thriving future for our community. Each and all of us should do behaviors that help build, achieve and sustain a surviving and thriving future for our country. Each and all of us should do behaviors that help build, achieve and sustain a surviving and thriving future for our world, including the Earth on which we depend.

What positive behaviors are needed to bring about the needed changes that improve our current status enough to achieve the desired surviving and thriving status? (See Figure 2) Each and all of us must do behaviors that support good changes that will help reduce vulnerability and/or improve and/or sustain surviving and thriving. If good changes are likely to occur, together we support them. If good changes are not likely to occur, together we support them and develop other good changes to compensate.

Each and all of us must do behaviors that stop bad changes that increase vulnerability and/or prevent or limit surviving and thriving. If bad changes are not likely to occur, together we ensure they do not. If bad changes are likely to occur, together we change them, stop them or avoid/reduce their impact. Via these behaviors and the **Thrive! Endeavor**, each and all of us together can and should build, achieve and sustain a surviving and thriving future for all forever.

When successful, we and all future generations achieve the surviving and thriving future for all forever. At this time in human history when we desire to thrive, when we need to survive, when our future is most endangered, and when we are most capable in human history, all of us individually and together, can and must do the behaviors that build, achieve and sustain a thriving future for all forever. That is the vision, mission and strategy of the **Thrive! Endeavor**.

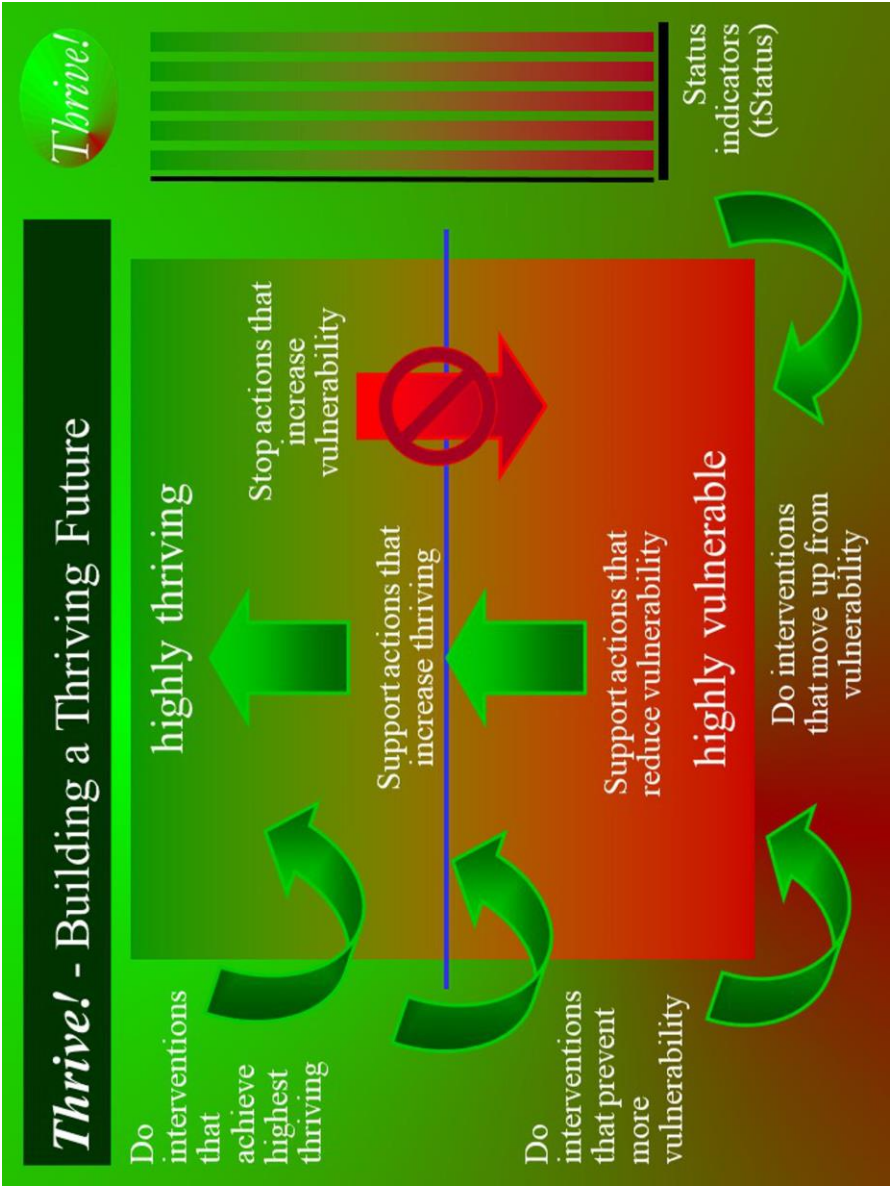


Figure 2. Building a Thriving Future



7. If Humans Have The Will, Human Behavior Can Change To Avoid Early Extinction And Build Thriving Future.

Today, we are living on razor's edge. Thriving future? Early extinction? The choice is ours. The future determined by what we do and do not do now and into the future.

Starting now and for the future, humans must behave so most humans, other creatures and Earth survive and thrive. If humans do not, then the future will be early extinction for humans and many other creatures and greater damage to Earth, our only home.

Thriving, if it happens, is mostly in the future. It helps if some individuals behave well. But that is not enough. Almost all individuals must behave well. Almost all communities must behave well doing multiple, simultaneous, large, and positive behaviors.

Can it even happen? Yes. Maybe. Large positive behavior changes can occur but usually over extensive time. They have occurred faster over past 200 years. They can occur over very short periods of time. We have the ability. More so than ever in human history.

Will it ever happen? Yes. Maybe. If humans have the will and do all the necessary behavior changes, all can and will survive and thrive long term. Fortunately, we are most capable in human history and can do large positive behavior changes in much shorter time.

But only if we have the will. Do we? This is the existential question. The existential challenge. Given human history, highly likely that that we do not do the necessary large, positive behavior change unless we greatly fear the alternative. Fear something as bad as early extinction of humans.



thrive or not to thrive

3' x 2' wood and metal stabile

To thrive or not to thrive. Our and Earth's future hangs in the balance. But the balance, our current path, is tipping toward not thriving. Early extinction for humans and many other creatures. Great damage to Earth.

We can and must change now to a thriving path to a thriving future.

Appendix A. Historic Human Behavior Changes Producing Large Positive Result

Historic Human Behavior Changes Producing Positive Result		
Previous Behavior	Changed Behavior	To Produce Positive Result
Early in human history, humans lived outdoors in pre-existing shelter, including caves.	When humans changed behavior, most humans lived indoors in shelter they built. Some were movable and some were stationary. More stationary in past 5,000 years.	These behavior changes, living in human built shelter, avoided many negative effects of nature
Early in human history, humans lived as nomads. Moving as needed to ensure sufficient food. Nomadic “communities” began millions of years ago.	When humans changed behavior, more humans lived in and around geographic communities. More so in past 5,000 years.	These behavior changes, living in geographic communities, resulted in more sharing of resources but resulted in more dependency on other humans and losing touch with nature.
Early in human history, humans gathered and hunted for their food.	Humans began farming food in the last 20,000 years. Began manufacturing food mostly in last 5,000 years.	These behavior changes resulted in more available and a greater variety of foods.

<p>Early in human history, humans provided little or no education of children or adults. Learning mostly came from “imitation” of adult behavior.</p>	<p>Humans began educating children and some adults mostly in the last 3,000 years.</p>	<p>These behavior changes resulted in much more capable humans.</p>
<p>Early in human history, humans did very little to prevent illness and did very little treatment of illnesses.</p>	<p>Humans began doing much more treatment of illness and injury, starting mostly about 3,000 years ago and with most improvements in last 500 years.</p>	<p>These behavior changes resulted in much less illness, much better treatments for illness and injury and healthier humans. Much less so for poor and near poor humans.</p>
<p>Early in human history, humans did very little to protect from heat and cold. Later, humans did some limited protection using fire and shelter.</p>	<p>Humans began protecting themselves substantially from heat and cold by first having heating systems and then cooling systems. Mostly this was done in last 500 years.</p>	<p>These behavior changes resulted in much greater comfort and increased safety from extreme heat and cold.</p>
<p>Early in human history, humans drank almost any available water. As best they could determine, they tried to drink safer water, for example using spring water.</p>	<p>Humans began drinking safer water by creating wells to better access ground water. Humans made drinking water even safer by treating water. Most of his improvement has been in the past 300 years.</p>	<p>The positive human behavior changes resulted in safer drinking water. Unfortunately, there has also been greater contamination of ground and surface water in more recent years.</p>

<p>Early in human history, humans lived highly vulnerable lives, under threat from predators, weather, unsafe water and insufficient safe food.</p>	<p>Humans began reducing vulnerability by protecting themselves from many threats. Much of this improvement is in last 200 years.</p>	<p>These behavior changes resulted in humans living much less vulnerable lives.</p>
<p>Early in human history, human mobility was pretty much limited to humans' own power - walking, running, and swimming. Later, human mobility increased by riding animals, paddling boats, and moving boats with sails.</p>	<p>Much later, human behavior changed as humans were able to move on ground, on water, and in the air by powered machine. Most of the latter changed in the past 200 years.</p>	<p>These behavior changes resulted in much greater human mobility.</p>
<p>Throughout much of human history, most humans lived with little income and little wealth.</p>	<p>Now, substantially more humans live with substantially more income and wealth. At the same time, there are still massive numbers of poor and near poor. Most of this change occurred in last 200 years.</p>	<p>These behavior changes resulted in many more humans living more comfortable lives while there remain far too many humans living impoverished lives.</p>
<p>Throughout much of human history, humans produced goods mostly for immediate and yearly survival.</p>	<p>Now, humans produce goods for survival, thriving, and enjoyment. Most of this change occurred in last 200 years.</p>	<p>These behavior changes resulted in the production and use of more goods for survival, thriving and enjoyment.</p>

<p>Throughout much of human history, humans ate any available, sustaining food without much regard to safety or health.</p>	<p>Now, humans can eat “safer” and “healthier” food but often eat “unhealthy” foods. Most of this change occurred in past 100 years.</p>	<p>These behavior changes resulted in humans avoiding more adverse health while also exposing humans to more adverse health.</p>
<p>Early in human history, humans did little to affect the surrounding environment. Many behaved in ways that created a nurturing relationship with their environment.</p>	<p>Later, humans changed much of their environment for a variety of reasons including food production and residential and business development. Much of this change was in the last 200 years. Even more in the past 100 years.</p>	<p>These behavior changes resulted in some improvement in shorter term human living conditions but did great damage to the environment and to long term human living conditions.</p>

Appendix B. Behavior Effectiveness Model (BEM)

How does the Behavior Effectiveness Model (BEM) work? *****

As shown in Table 1 and Figure 1, BEM is designed to 1) apply interventions that help achieve the desired target behavior, 2) learn more about the person or population involved, 3) learn more about interventions and 4) learn more about the “system” in which intervention are used. It can also be used for prediction, analysis and program development and evaluation. The model can be applied to 1) an individual person, 2) populations whose characteristics are sufficiently the same, and/or 3) populations of individuals for which each individual gets a personalized and tailored intervention. The model can be linked to a database so that it can use and produce information and support personalized and tailored interventions:

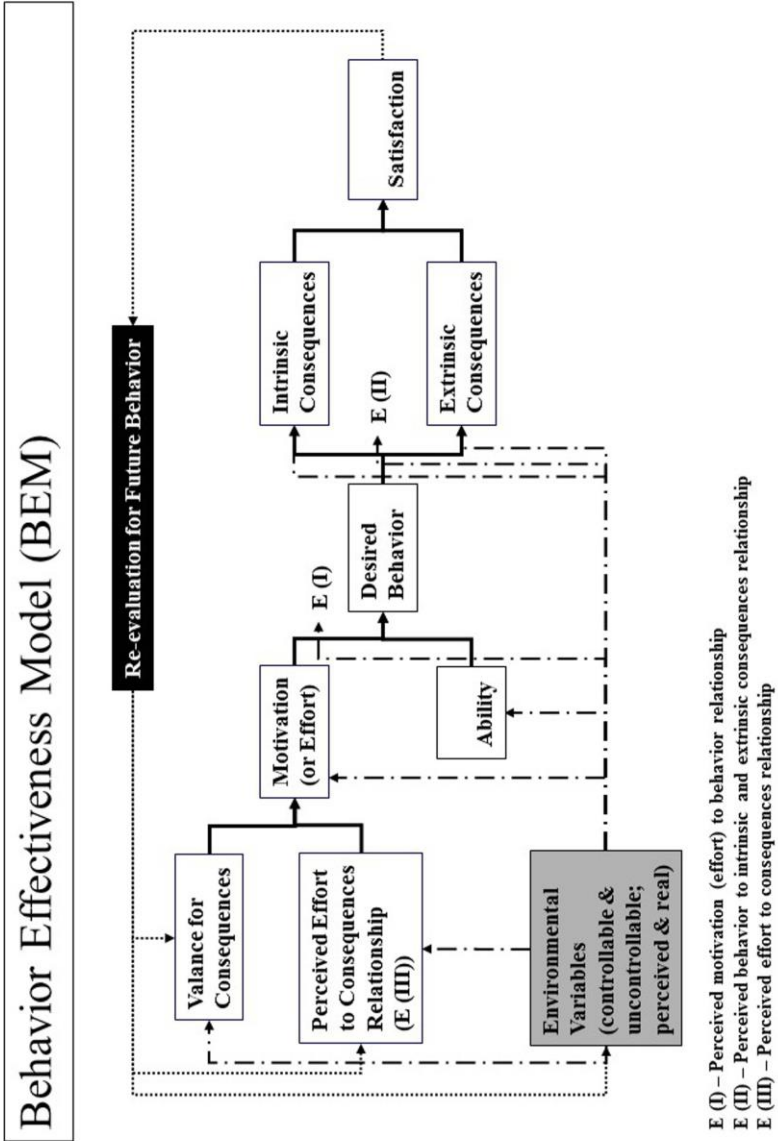
- For any number of individuals and over any period of time
- For one-time behaviors and behavior over time
- For change in a single behavior and multiple behaviors.

***** The Behavior Effectiveness Model (BEM) is described more completely in the author’s book – **Behavior Effectiveness Model – Building Thriving Future using Behavior Effectiveness Model (BEM)** available via www.Amazon.com and as free download via [ThrivingFuture.org/Thrive! Books.html](http://ThrivingFuture.org/Thrive!Books.html)

Table 1. “Behavior Effectiveness Model (BEM)” – Improving Personal Behavior/Performance

BEM use for achieving desired behavior is as follows:

1. Identify the person or population whose behavior is targeted.
2. Decide what is the desired behavior or behaviors. Note that some behavior is one-time and some is recurring.
3. Assess motivation in terms of its current and future characteristics.
4. Assess ability in terms of its current and future characteristics.
5. Assess environmental variables, both controllable and uncontrollable and both perceived and real.
6. Assess how motivation, ability and environmental variables are likely to affect future behavior without further intervention.
7. Assess what are likely to be the intrinsic (internal to the person or population) and extrinsic (external to the person or population) consequences of projected behavior and what is likely to be the person or population’s satisfaction.
8. Assess how consequences and satisfaction are likely to affect future behavior
9. Assess how projected behavior, without further intervention, matches to desired behavior.
10. Assess what interventions will best move projected behavior to desired behavior for the near and long term.
11. Apply the interventions and assess their effect.
12. Adjust the interventions as needed over time and based on result.
13. Feed the interventions into overall strategy and supporting strategies.



Based on Behavioral Effectiveness Model (BEM), Gary Christopherson, 1974, 2004, 2015

Figure 1. Behavior Effectiveness Model (BEM) (Christopherson, 1974, 2015).

BEM can be and is used here used for prediction, analysis and program development, including:

- It can be used and is used here as a predictive model for motivation/effort, behavior and satisfaction.
 - The person's or persons' characteristics (valence or value of potential consequences; expectations that effort will lead to specific consequences; cognitive and physical ability) are entered into the model and predicted results (expected level of motivation/effort, expected behavior and expected level of satisfaction) are processed through the model.
 - The model also can utilize environmental factors that influence any the person's or persons' characteristics. The model also can then use the predicted results and environmental factors to predict subsequent effort, behavior and satisfaction.
- It can be used and is used here as an analytic model to better understand what is working and not working, why, and what changes are needed.
 - If there is a lack of motivation, the model can help work through the perceived consequences, the perceived linkages of effort to those consequences and provide options for what needs to be changed.
 - If the desired behavior is not occurring, the model helps work through what factors (e.g., persons' or persons' ability, their expectations about consequences, their general motivation, their satisfaction with previous efforts with an intervention, the effects of environmental factors) need to be changed.
 - If the desired satisfaction is not achieved, the model can help work through why not and provide options for what needs to be changed.

- It can be used and is used here for program development to develop or modify a program intervention for particular individuals and/or generally.
 - Based on the person's or persons' characteristics and the desired behavior, the program intervention can be designed or modified to improve likelihood of successfully achieving the desired behavior. For some persons, the focus might be on ability, motivation or both.

The model can be applied and is applied here to 1) an individual, 2) persons or populations whose characteristics are sufficiently the same, and/or 3) persons or populations of individuals for which each individual gets a personalized/customized/tailored intervention.

The model can be linked to a database so that it can produce information and support personalized/customized/tailored interventions:

- For any number of persons and over any period of time
- For one-time behaviors and behavior over time
- For change in a single behavior and multiple behaviors.

As is true for almost any model and as has been true over the past decades, BEM will improve with more use and the knowledge gained from that use.

How has it been used and helped? BEM's primary use to date has been for improving health. Its potential use is being explored in creating an overall strategy for reducing vulnerability and improving the status of a person, a non-geographic population, a community, a country or a broader area.

Its earliest use was in the middle 1970's, helping develop a high blood pressure control program in Milwaukee, Wisconsin. The desired behavior was adherence to methods for controlling high blood pressure. These methods could be medication use and/or life style change (e.g., diet, exercise, stress reduction). Through the use of BEM, the program was better able to get people to get their blood pressures checked and controlled and to determine the likely success of particular methods with a specific person and with persons with similar characteristics. The blood pressure control program was seen as a national model for community blood pressure control.

BEM is also being used on the cross-cutting issue of vulnerability. Here it is being used to help identify what behaviors are associated with vulnerability and thriving. It helps identify what ability and motivational factors are and would be determinants of vulnerability and thriving behavior as well as establishing what interventions to use to reduce such vulnerability and maximize thriving. Based on these, the potential strategy, **Vulnerable In America and World**, was created for minimizing vulnerability and maximizing thriving for a whole population, in this case America as a whole. As indicated earlier, the overall strategy has not been used to date, but is ready for application.

With respect to communities, nations or broader areas, BEM is used for addressing the full breadth of issue areas and of people, animals/plants, and other natural resources. Here it helps identify what behaviors are associated with the relevant status indicators. It helps identify what ability and motivational factors are and would be determinants of improving status. The model determines what interventions could improve the motivation and ability factors and, as a result, improve status. Based on these, a strategy is being created for improving status for a whole person, community, country and world.

The model has been used to design the **HealthPeople** strategy to improve health and health care across America. The same design has applicability in a person, communities, states, and other countries. Its earliest use was in the middle 1970s to develop a high blood pressure control program in Milwaukee, Wisconsin. The desired behavior was adherence to a protocol for controlling high blood pressure over the person's remaining life. Through the use of the Person Model, the program was better able to understand how to match the intervention to time and different life stages. With respect to time, the interventions needed during the initial treatment were different than during the maintenance phase of treatment. With respect to life stages, interventions required refining for matching the behavioral determinants for a younger versus middle-age versus older persons. The blood pressure control program served as a model of community blood pressure control programs.

The model was used in the early 2000s to create a new model called "person-centered health". The Person-Centered Health Model has been used to refine the programs of the Veterans Health Administration, including overall care, care in the community and the VHA health information system (electronic health record and personal health record systems). It was also used at the Centers for Medicare and Medicaid Services to help with the draft strategic and operational plan.

At the Centers for Medicare and Medicaid Services (CMS), the model was used in 2005 to enhance the overall strategy for national quality improvement for health care. The desired behavior was of health care providers over time and their careers. The model helped identify what target health care personnel behaviors, on an ongoing basis, could produce the best outcomes. Based on that, an approach was laid out using current and new interventions to improve health care provider behavior in a way that would produce improved outcomes and health status for the foreseeable future and over the health care providers' careers (life stages). These interventions were used to improve the overall quality improvement program for CMS.

At the Centers for Medicare and Medicaid Services (CMS), the model was used in 2006 to design the draft CMS Strategic and Operational Plan for 2007-12. It was used to address CMS's disparate beneficiary population and the timing and design of program interventions. The plan was designed to address the needs of both younger and older Medicaid beneficiaries, beneficiaries with disabilities, and healthier and severely ill Medicare beneficiaries. It also addressed the populations that are pre-Medicaid and pre-Medicare. The plan recognized that over time, these populations change as new age cohorts moved into the program. These Population Model interventions were then used to develop the draft overall Strategic and Operational Plan for CMS.

For the DoD Military Health System (MHS), the model was used in the 1990s to work with pre-military, active service, Guard and Reserve, veterans, retirees and their families. All are the responsibility of the MHS. Key points in time greatly affect how the health programs work and their effect. Earlier wars (and their effects) such as the two World Wars and the Korean War are very different than the Vietnam War than the first Iraq War, as well as the second Iraq War and then the Afghanistan operations. They are all likely to be different than future wars and other military actions. All of these factors were built into the overall strategy for the future Military Health System that was re-engineered to improve performance, adopted as a force health protection program, and was made more flexible to adjust to different futures.

Appendix C. The Thrive! Center

Those who want to learn more about **Thrivism** and *Thrive!* may want to visit **The Thrive Center** and/or communicate with Chris.

Email Thrive@thrivingfuture.org

Phone 301 318 3760

Mail Chris [Gary "Chris" Christopherson]
Founder, The Thrive Center
E298 Cleveland Street
Nelson, WI 54756

The Thrive! Center, home of **Thrivism**, *Thrive*, **Thrive! Endeavor**, **HealthePeople** and **GChris Sculpture**, is on Mississippi River bluffside in restored 1885 farmhouse, barn and beehouse above Village of Nelson (WI). It is surrounded by **Thrive! Park**, a 25+ acre, bluff side, public park donated by Chris.

What can you do at The Thrive! Center?

- **Thrive!** Want better future for your family and friends, community, world? Want more, a thriving future? Thrive! Endeavor is call for better, thriving future for all. Thrive! – vision and mission for those wanting to build thriving future for all. All Thrive! services free. ThriveEndeavor.org
- **Thrivism.** Want to live on path to, belief in, and vision of thriving future for all? It is hopeful path. Inspiring vision. Positive belief system. Positive way of life. All Thrivism free. Thrivism
- **HealthePeople.** Want healthy future for your family and friends, community, country and world? Want best personal, community or country health system? HealthePeople – vision, integrated strategy and effective reform to build accessible, affordable and high-quality health systems for all everywhere. All HealthePeople services free. HealthePeople.com

- **Thrive! Sculpture by GChris.** Want to experience and interact with 200+ abstract sculptures. Copper and wood. Sizes from foot to dozen feet. Some make sounds. Some move physically or conceptually. Sculptor's payments donated to Thrive! Scholarship Fund. GChris.com
- **Thrive! Park.** Want to see great scenic views of Mississippi River valley. Walk/hike extensive bluff side/top roads and trails year-round. Experience goat prairie and forest restoration on bluff sides and tops. Hiking roads go along bluff side. Hiking trails go to restored bluff and prairie areas. ThrivePark.org
- **Historic 1885 Era Bluffside Farm.** Want to tour fully renovated/restored house, barn and beehive with views of Mississippi River and bluff. Great scenic views. Learn about life on small bluffside farm in 1880s.





Appendix D. Thrivism (Thrive!) - Path to Thriving Future for All

Thrivism (*Thrive!*[®]) is a path to, belief in, and vision of thriving future for all – all thrive forever. It is hopeful path. Inspiring vision. Positive belief system. Positive way of life. Thrivism.world
AllThriveForever.org

Vision - A thriving future where all thrive forever.

Mission – Help a person, all people, all other creatures, and Earth strive for and achieve a surviving and thriving future. The human endeavor. ThriveEndeavor.org

Foundational Belief – Humans, as person and people, have a unique need to survive and desire to thrive in the current world and a thriving future world.

Being a **Thrivist** is actively living the **Thrivism** path, belief system and way of life. A **Thrivist** actively helps build and sustain a thriving future with and for all – each person, all people, all other creatures and Earth.

Thrivism is built on the foundational belief that “humans need to survive and desire to thrive.” Meeting this need and desire depends on meeting five conditions:

- Person and all people need to survive and desire to thrive,
- Person depends on other persons (people) for survival and thriving,
- Need to survive and desire to thrive apply to current and future world,
- Person’s and people’s future survival and thriving depends on there being a thriving future world, and
- Thriving future world must be sustained long term to meet human need and desire.

Thrivism as a path, a positive belief system, and a positive way of life for a person and people for today and the future, addresses four key elements:

- Our nature, as person and people, is our need to survive and desire to thrive in the current world and a thriving future world.
- Our relationship with other persons and the surrounding world is driven and governed by our need to survive and desire to thrive in current world and thriving future world.
- Our knowledge of our selves and the world comes from 1) inputs resulting from striving to survive and thrive and 2) the mind processing inputs to achieve greater knowledge.
- Our actions are driven by our need to survive and desire to thrive but influenced by 1) other persons and surrounding world and 2) our need and desire for a long term, thriving future.

Thrivism is “lifelong (person) and never-ending (people) striving to survive and thrive in current world and surviving and thriving future world.” To succeed, person and people must:

- Strive for and achieve higher level of positive motivation and ability (including knowledge). That achievement is foundation for striving for and achieving even higher levels of ability and motivation and even higher levels of surviving and thriving.
- Strive continuously and simultaneously with the best combination of independence and interdependence in joint pursuit of surviving and thriving.
- Stop being selfish and shortsighted. People must care enough about self, everyone, everything else and Earth. People must care enough about today and both near- and long-term future.
- Strive on a nonlinear path through complex world toward thriving. As person and people strive and grow, successes should exceed failures and progress exceed regress.

Only then will human need to survive and desire to thrive fully cause all to survive and thrive.

Thrivism (*Thrive!*) is a person and all people striving to achieve surviving and thriving future. **Thrivism** succeeds only if it remains positive, is sustained long-term, and produces thriving for all.

Thrivism's ultimate aspiration is achievement of thriving future for all - all people, all other creatures, and Earth.

