The Sustainable Livelihood Framework shows how growth in five asset areas reduces vulnerability.*

**FINANCIAL ASSETS**
Income, savings and sources of financial security

**SOCIAL ASSETS**
Relationships and networks that help us cope with daily life

**PERSONAL ASSETS**
Personal and cultural identity, values and beliefs, self-confidence and motivation

**PHYSICAL ASSETS**
Basic material goods and services that everyone needs, such as food, clothing, shelter and transportation

**HUMAN ASSETS**
Skills, knowledge, abilities and capacities that aid in the development of other asset areas

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**THE JOURNEY OUT OF SURVIVAL MODE AND INTO A SUSTAINABLE LIVELIHOOD**

**SURVIVAL**
- Not enough income for basic needs
- May or may not be working
- Reactive – coping with crisis
- No safety net or savings

**ENHANCING EMPLOYABILITY**
- Just enough income to meet basic needs
- May or may not be working
- Can set short-term goals
- Some savings or support

**EXPLORING POSSIBILITIES**
- Enough income for basic needs
- Working – usually in multiple part-time jobs
- Setting longer-term goals
- Modest savings and support

**CONSOLIDATING POSSIBILITIES**
- Income for more than basic needs
- Works in a good, stable job
- Some goals reached and more goals set
- More savings and support

**SUSTAINABLE LIVELIHOOD**
- Adequate income for most needs plus benefits
- Works in a job with advancement opportunities
- Setting long-term goals– years ahead
- A lot of savings and support

*Model adapted by Eko Nomos, through its work with Canadian Women’s Foundation, based on the Sustainable Livelihoods work of the University of Sussex Institute for Development Studies. Eko Nomos adapted the asset areas for the Canadian context and developed the livelihood stages. [http://bit.ly/2CM0QbL](http://bit.ly/2CM0QbL)