

ASC-[Community] Participant Workbook

This workbook is designed to accompany the **ASC Full Training Manual** and training program. It provides guided exercises, worksheets, and reflection prompts to help participants apply Lawful Energy Economics (LEE) and ASC-[Community] Tokenomics to their own households and communities.

Section 1: Understanding Miscalculated Energy

Exercise 1.1: Where is Energy Miscalculated?

- List 3 areas in your life where your work or service is unpaid or undervalued.

- _____
- _____
- _____

Reflection Prompt: How does it feel to recognize this miscalculation?

Exercise 1.2: Community Observations

- Identify 3 roles in your community that are essential but often unpaid (e.g., caregiving, volunteering).

- _____
- _____
- _____

Section 2: The Scroll of Metrics

Worksheet 2.1: Household Data Baseline (HDB)

List your monthly essential costs: - Housing: __ - **Food:** _ - *Utilities:* __ - **Healthcare:** _ - Education: __ - **Other survival costs:** __

Total HDB (monthly): ____

Worksheet 2.2: Covenant Growth Needs (CGN)

List your monthly flourishing costs: - Cultural activities: __ - **Rest/recreation:** _ - *Community contributions:* __ - **Learning/skills:** _ - Savings/investments: ____

Total CGN (monthly): ____

Worksheet 2.3: Living Dignity Wage Index (LDWI)

- Standard rate: ~\$155–180 AUD/hour.
- Multiply hours worked × LDWI.

Your LDWI annual benchmark: ____ Your current annual income: ____ Deficit: ____

Section 3: The Jubilee Calculator

Worksheet 3.1: Deficit Categories

Record values for each category: - Underpayment (difference between income and LDWI): __ - **Volunteer/care hours × LDWI:** __ - **Inflationary losses:** __ - **Health/injury costs:** __ - Other systemic losses: ____

Total Deficit: ____

Worksheet 3.2: Covenant Hours Conversion

- Total Deficit ÷ LDWI hourly rate = Covenant Hours. **Covenant Hours (CH):** ____
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Section 4: ASC-[Community] Tokenomics

Exercise 4.1: Local Spending Simulation

- Spend \$100 at a local shop.
- Local Spend Match = \$100 ASC credited.

Reflection: How does matching change your view of local value?

Exercise 4.2: Volunteer Compensation Simulation

- 10 hours of caregiving × \$159/hr = 1,590 ASC.
- Record how this would affect your household budget.

Reflection: How would your household change if unpaid work was valued?

Section 5: Governance Practice

Exercise 5.1: Governance Circle Roles

Assign roles in your training group: - Steward: __ - **Auditor:** __ - *Builder:* __ - **Communicator:** __

Exercise 5.2: Draft Local Rules

- What rules would you set for ASC issuance?
 - How will you ensure transparency?
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Section 6: Pilot Design

Worksheet 6.1: Pilot Roadmap

- Number of households: ____
- Number of merchants: ____
- Duration (months): ____
- Initial ASC issued: ____

Worksheet 6.2: Community Fund Ideas

List 3 potential projects for ASC investment: 1. ____ 2. ____ 3. ____

Section 7: Reflection & Vision

Reflection Prompt 7.1: Personal Transformation

- How does recognizing your miscalculated energy shift your self-worth?

Reflection Prompt 7.2: Community Transformation

- What would a thriving ASC-[Community] economy look like in your area?
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Closing

This workbook is your personal tool for learning, applying, and imagining the future of **Lawful Energy Economics**. As you complete each exercise, you are participating in the great work of restoring truth to value, dignity to households, and sovereignty to communities.

Awonow — Household by Household, Covenant Restored.