

# HOW WOMEN BUILD SUSTAINABLE LIVELIHOODS

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

## 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