

Proposal ideas

Find an image or sound that reflects your family

Challenge yourself to change your routine slightly today.

How do you respond to this quote?

“We are the cosmos made conscious and life is the means by which the universe understands itself.” Brian Cox

Spend 15 minutes just listening.

On foot, explore the streets around where you live and find new places or revisit areas you haven't been to in a while.

Write a card to a friend or family member and post it yourself.

Imagine walking barefoot on a pebbly beach