

A LETTER TO THE YOUNGER GENERATION



1

Go out into nature (with a notepad and pen) and spend some solo time sitting in a spot that inspires you with no distractions (such as turning off your mobile phone).

Spend some time just being in that spot. Try not to think too much but be aware of what you can see, hear, smell and feel in the present moment.

2

From that place in 2030, write a letter to a young person who is dear to you now, letting them know what that world is like. You may wish to include encouragement for the challenges they will face over the next decade, and advice for the years ahead.

3

Then imagine you are in the same spot ten years in the future – in 2030. Intentionally bring to mind a positive vision for the world. What does it look and feel like in your life? How are we living in better harmony with each other and the natural world? Don't worry if this is realistic or not; just surrender to your imagination.

4

Read back what you have written and take a few minutes to reflect. Then, imagine that young person is ten years older and they join you in the year 2030. You may ask yourself how they have changed physically and emotionally. What are they passionate about and how do they spend their time? Then, write another letter: a response from this child or teenager – now grown – in 2030, back to yourself. In this letter, you may want to include their thanks for your prior letter and how its contents helped him or her over the last decade.