

Story IV:

Order

NOUN
/'sʌndə- /

The realization that **EVERY RANDOM RAISE** is giving a life as vivid **B** complex as your own.

Populated with their own **AMBITIONS**, **FRIENDS**, **ROUTINES**, **NARRATIVES**

An epic story

EVERYONE IS DOING THE BEST THEY CAN, WITH THE KNOWLEDGE THEY HAVE, IN THE PRECISE MOMENT THEY ARE IN.

RANDOM ACT OF KINDNESS EXERCISE

- THIS WEEK commit to showing 1 act of random kindness to a passerby, an extra crossing your path.
- La smile
- La post-it with an inspirational message on a front-windshield car window
- La chocolate or book with a deep meaning to yourself in the letterbox of your neighbour
- La buying the person behind you in the queue for coffee at the cafe shop
- La ANYTHING that resonates with you.

- I How did you feel **WHILE** doing it?
- II How did you feel **AFTER** doing it?
- III What, if anything, happened in the days after?

JOHN KENNEDY
The Dictionary of Obscure Sorrows

inherited
CRABNESS

that continues invisibly around you. Like an anthill sprawling deep underground, with elaborate passageways to **1000 OTHER LIVES** that you'll never know existed, in which you ONLY APPEARANCE...

- ... as an extra sipping coffee in the background.
- ... as a blur of traffic on the highway.
- ... as a lighted window at dusk.

CREATIVE 2015 "DATE YOURSELF"

- TAKE YOURSELF OUT TO A FAVOURITE PLACE where other people are, eg a cafe shop
- OBSERVE** your surroundings, the environment, the feelings, the energy of the people, the place around you
- PICK A PERSON OR ANIMAL & write an imagined story of their day, life, personality.

Your first short-story

JOURNAL "Reflection of Sorrow"

- WHEN was the last time you were the recipient of an act of random kindness?
- HOW DID IT TRANSPIRE, describe the situation before, during + after.
- WHAT WAS THE IMPACT it left on your life?
- PICK ONE SITUATION this following week
- TRY NOT TO JUDGE a person that responds in any way, rude or impolite
- LET IT GO + HOW DOES IT MAKE YOU FEEL?
- BE KIND TO YOURSELF IF YOU DO JUDGE - ask yourself why, + continue to ask WHY 7 TIMES.
- What is your final answer on why you were judging?