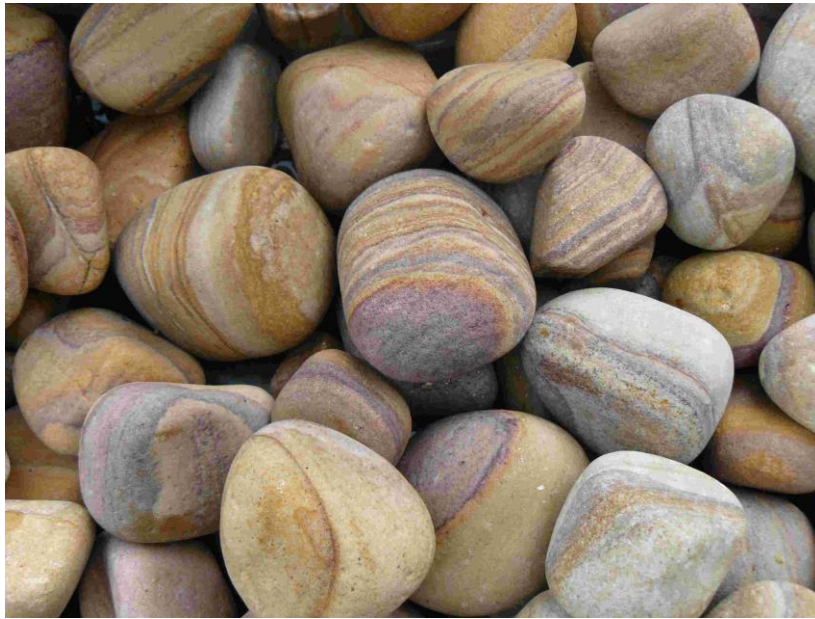


Pebbles



- Are you someone who fills your pockets with pebbles when you walk along the beach? Do you look for the perfect pebble that has been worn smooth by the action of the tides, or that has interesting stripes from prehistoric layers of rock?
- Each pebble is unique – just like each one of us and each thought or creative idea we have. We may feel quite ordinary, but we’re one-of-a-kind and nobody will ever have exactly the same ideas as we do, just as you’ll never find identical pebbles.
- Does anything hold you back from acting on those creative impulses? Perhaps they’re there for a reason and could improve your quality of life and benefit those around you.

‘Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.’

The Dalai Lama

Next time you find the perfect pebble, why not pick it up and keep it as a reminder to act on your creative ideas and make ripples.