



### 🌍 Day 1: The Global Day of STOP (Sept 22)

**A Day of Presence, Togetherness and Remembering Who We Are**

#### ✨ INDIVIDUALS

*Planting the seeds of what comes next.*

- 🖋️ **Write a Soul-Centered Life Plan** – What would your life look like *without limits or fear*?
  - 📅 **Make a Personal Manifesto** – What do you stand for now? What won't you tolerate anymore?
  - 🌸 **Clean out a space or inbox** – Physically and spiritually reclaim your time.
  - 🍷 **Name & Release Something** – Burn or bury a piece of paper with something you're letting go.
  - 📖 **Read 10 Pages of Something Soul-Nourishing** – Let new thoughts take root.
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## FAMILIES

*Setting new rhythms based on presence and truth.*

- 📖 **Create a “Soul Shelf” at Home** – Each person adds a book, object, or quote that reflects their light.
  - 💡 **Family Brainstorm Hour** – “What would we do if we could rebuild society?”
  - 🎵 **Sing, Dance, or Make Music Together** – Let your home vibrate high!
  - 💌 **Make Future Love Letters** – To be opened next year on this date.
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## COMMUNITIES

*Building the world we want to live in.*

- 🗺️ **Vision Wall or Dream Mural** – “We Reclaim...” written by many hands on one wall.
- 🗣️ **Skillshare Day** – Everyone teaches something for free: gardening, dancing, coding, etc.
- 🌐 **Virtual Gatherings** – For long-distance members of the movement to check in & reflect.
- 🗳️ **Action Circle Planning** – Decide on the next collective act (mutual aid, clean-up, protest, etc.)
- 🎁 **"No Buy, Just Share" Fair** – Exchange seeds, clothes, knowledge—no currency.