

OUR MANIFESTO

The problem

People are trapped.

- 1 **Our minds are under attack** – we live in a world full of information, influences, communication and hot air – from advertising through to politics.
- 2 **We're not given the tools we need to defend ourselves** – at no point in our lives are we taught the skills we need to manage this assault on our minds.
- 3 **This traps us** – without these skills, most of us end up trapped in lives and worldviews that just follow the values and ideas of the people and society around us.
- 4 **It's ruining our lives** – this can stop us thinking for ourselves, living the lives we really want and living in line with our values.
- 5 **It's ruining our society** – it could also be contributing to some of the biggest problems in society - including worsening mental health, climate change and the rise of the far right in politics.

Our solution

Life Squared helps to free people.

- 1 **We help you get perspective on life** – we help you rise above the complexity and 'fog' of everyday life, and see your place in the great scheme of things – from the universe to other people. We help you keep this perspective in the back of your mind and live in a way that's informed by it – in other words, with wisdom.
- 2 **We help you think for yourself** – human beings aren't as rational as we think, and our views and behaviour can be influenced by external factors – from social pressure to political language. We help you learn how to think for yourself in a world full of influences, complexity and distractions.
- 3 **We help you live your own life** – we help you work out what matters to you, so you can live your own life and be happy with your own identity.
- 4 **We help you live a good life** – we help you to live a good, ethical life, by showing you what values are, why they matter and how to live consistently with your own values.
- 5 **We help you live a fulfilled life** – we help you learn the 'art of living', including how make the best of your life's journey (including ageing and death), how to look after yourself (including identity, resilience and mental health), how to appreciate the experience of life (including slowing down, exploring your inner life and finding wonder) and how to connect with other people in a meaningful, fulfilling way.

People are becoming trapped by the pressures and complexity of the modern world into lives they don't really want and ideas they don't really believe in. This is damaging both our own lives and our society.

Life Squared equips people with the perspective and tools we need to free ourselves from this trap and live well-informed, compassionate and fulfilled lives – and create a better society. Visit www.lifesquared.org.uk to see our resources.