

Anne McDonald

The things I need to flourish are...

A cosy hat, because as I tell my children you lose a lot of heat through your head

Purpose, to make a difference, make things better, provide wise advice

Pockets, to carry essentials and bits& bobs

Adventures, up the mountain, in the lochs, on the ocean with the essential bits & bobs

Friendships and family, home, belonging, my place

Treats, wine, chocolate, coffee, cashmere socks, scones

Conversations, blethering, dialogue to change the world...

And then I feel bold!