

# Meaningful Gift Guide

Find the perfect present for someone you care about

## **Peace & Wellbeing**

Ideal for worriers, over-planners, and anyone who hasn't taken a deep breath in a while. Helps to step back, reset, and restore perspective.

## **Love & Friendship**

A celebration of relationships. Guided reflections on moments of love, friendship, and support — a reminder of the people who carry us.

## **Pet Remembrance**

A thoughtful keepsake for someone grieving a beloved pet. A way to honour their companion and hold their memory close.

## **Creativity**

For artists, writers, makers, and imaginers.

Encourages boldness and asks, "What would you create if no one was watching?"

## **Summoning Courage**

For someone standing on the edge of a decision — new job, new chapter, new direction. Helps them cut through fear and take the first small step.

[www.overthestyle.co.uk](http://www.overthestyle.co.uk)

## **Buddhist Wisdom**

For those who love stillness, simplicity, and a deeper perspective on life. Inspired by the Buddhist truths of impermanence and compassion — ,grounding, and quietly transformative.

## **Stoic Wisdom**

Perfect for the thinker. Not about bottling things up — this kit offers ancient tools to focus on what's in your control and let go of the rest.

## **Nature's Wisdom**

For the one who feels alive outdoors — walkers, wild swimmers, kayakers, tree-lovers. Rooted in pagan wisdom on connection, cycles, and belonging.

## **Honouring the Body**

A gentle gift for someone recovering from illness or burnout. An invitation to listen kindly to their body and appreciate its strength and healing.

## **The Purposeful Life**

For anyone saying, "There must be more than this." Inspired by existential philosophy, guiding reflection toward meaning, direction, and real change.

### What is Life Beading?

Each kit is a meaningful reflective journey - with beautiful beads symbolising key themes, guided prompts and a bracelet you create and wear as a reminder of what matters most.

