OK BUT WHY?

REFLECTIONS

Why do many of us work five days a week and rest for only two?

What are the alternatives?

Why do we often value material success more than emotional well-being?

Where does that attitude stem from in our culture?

Why do cities prioritize roads for cards over pedestrian-friendly spaces?

What would it look like if we didn't?

Why are art and music often seen as
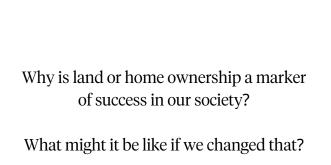secondary subjects in schools?

What would it be like if they were seen as
just as important as math or science?

Why are art and music often seen as secondary subjects in schools?

What would it be like if they were seen as just as important as math or science?

Why do we often measure productivity in hours spent rather than tasks accomplished?

What would the alternatives look like?

Why is land or home ownership a marker of success in our society?

What might it be like if we changed that?

Why is there often a separation of living spaces based on age, like retirement homes or student dormitories?

What might it be like if we changed that?

Why do we use paper currency?
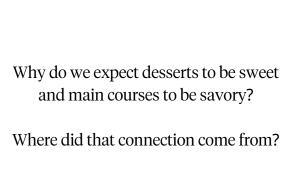
What are the alternatives?
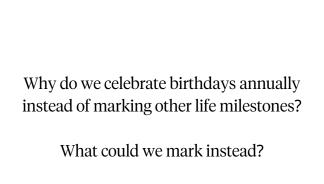
Why do we still use daylight saving time in many places?

What would happen if we didn't?

Why do most people today sleep in one long session at night, despite that not necessarily being what's best for us?

How would our lives changed if we slept in phases throughout the day (similar to infants)?

Why do we expect desserts to be sweet
and main courses to be savory?

Where did that connection come from?

Why do we celebrate birthdays annually instead of marking other life milestones?
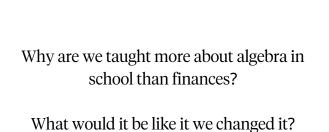
What could we mark instead?

Why are calendars organized by months and not by moon cycles or seasons?

How might other options impact our lives?

Why do we emphasize "new" as better,
from fashion to tech, rather than
durability or sustainability?

Where does those values come from?

Why are we taught more about algebra in school than finances?

What would it be like it we changed it?

Why do we buy bottled water in places
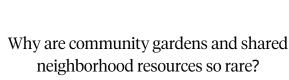with potable tap water?

What would it take to change it?

Why do we look for "expiry dates" on food instead of trusting our senses to determine freshness?

What would we need to know to change it?

Why do urban landscapes often have more concrete than green spaces?

How could we do it differently?

Why are community gardens and shared neighborhood resources so rare?

How could we do it differently?

Why do we prioritize single-use items for convenience over reusable alternatives?

What would need to happen in our lives or resources for us to embrace more inconvenient, but sustainable, options?

Why do we package foods in single-use plastics when reusable options exist?

What would need to happen to change that?

Why do we take the health of every other organ more seriously than brain / mental health?

Where does that value come from?

Why do we surround ourselves with hard surfaces when nature is filled with diverse textures?

How else could we build our environments?

Why do we often expect formal attire at work when comfort might foster better productivity?

Where does that value come from?