

A few years ago at my friend Justin's 30th, I initiated a **liferal** and asked the gathering to speak about what they liked/loved about Justin and what they enjoyed about the friendship. Justin still talks about how special that moment was for him.

More recently for my mum Beth's 70th, my sister and I organised for family and friends from uni days to now, to write some words or about their experience of Beth... from their favourite moment, what they liked/loved about her, how they first met or what they enjoy sharing or have shared with Beth. We then created a book and presented that to mum at her party. She loved it.

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