

# GENERATIONS

## G1 ATTRIBUTES

### (REFER TO ORIGIN STORIES IN LPSUK DIRECTORY)

- Strong for making the move
- Resilience in face of adversity and racism on home turf so soon after the British Raj
- Huge financial pressures
- No local elders' and little involvement in children's education
- Lived in close communities and clusters, around friends, family and work
- Stigma-attitude to Care homes, living away from home, marrying out of community, never marrying, special needs, homosexuality etc

## G2 ATTRIBUTES

- Sandwich generation - caring for G1, G3 and G4 and sandwiched between 2 cultures
- Born and educated in UK
- Continue to asset build and move from long-hour enterprise to white collar employment
- Limited non-diaspora friends and activities
- Big weddings, pre-internet friendships forged in person
- Limited leisure and travel choices until much later in life
- Less outside pressure and influences
- Grew up with Indian traditions and cultural habits
- Traditional life path
- Ostracised rogues and consequences thereon

## G3 ATTRIBUTES

- AI impact
- Watching empires begin to fall & the rise of the East
- Be your own boss and brand
- Tradition of 9-5 jobs replaced 5-9 jobs/gigs
- Good & bad aspects of the online network
- Where to be and when in life, and what to focus on
- To travel v marry v be led by your choice of career
- Parenting G4 worries
- Health impact of modern life choices
- Huge inheritance generation
- First generation with Climate concern for kids

## G4 ATTRIBUTES

- Social media (TV's "Adolescence")
- Growing up in a divisive society
- Procrastination caused by excess choices
- Too much pressure and choices impacts them and young parents
- Loss of faith and knowledge of Hinduism or any faith
- Mental Health impact of modern life choices

## GOOD THINGS TO DO

1. **Look after the physical body - it is your one true and most needed companion.**
2. **Donate time (skill building, connecting and fulfilment).**
3. **Direct your life (don't just drift through it) – today is the first step on that journey – review and use the online and handout content from today.**
4. **Use good online resources (avoid doom scrolling and Netflix bingeing).**
5. **Make trips to India or ask family members or others to take your kids for you if you are time poor, to expand their minds.**