



BOOK OF HOPE



WORD FROM THE "AUTHOR"

DHRUMI SHAH

INTERNING AT UBUNTU WAS TRULY REMARKABLE, AND I AM SO GLAD I GOT THE OPPORTUNITY TO CREATE THIS BOOK! TO ANYONE READING, I HOPE YOU HAVE A WONDERFUL DAY! ALSO, CREDITS TO CANVA FOR HELP WITH GRAPHICS!



NURTURING NEIGHBORHOOD RESILIENCE A DAY OF HEALTH, HEALING AND HOPE

IN TODAY'S UPSIDE-DOWN WORLD, IT IS OFTEN DIFFICULT TO PRIORITIZE SELF-CARE AND HEALING. THE CONSTANT NOISE AND PRESSURE TO WORK MORE HOURS TO FULFILL RESPONSIBILITIES CAN TAKE A TOLL ON OUR MENTAL AND PHYSICAL WELL-BEING. THIS IS ESPECIALLY TRUE FOR THOSE LIVING IN MARGINALIZED COMMUNITIES, WHO FACE ADDITIONAL CHALLENGES SUCH AS SYSTEMIC OPPRESSION, ECONOMIC INEQUALITY, AND LIMITED ACCESS TO HEALTHCARE. THE THEME OF "NURTURING NEIGHBORHOOD RESILIENCE" EMBODIES THE IDEA THAT BUILDING REGIONAL RESILIENCY STARTS WITH INDIVIDUAL AND COLLECTIVE ACTION.

RECOGNIZING THE NEED FOR COLLECTIVE ACTION TO REVITALIZE COMMUNITIES AND PROMOTE HEALING, UBUNTU COMMUNITY CATALYST CREATED LIVEWELL DAY AND THE BOOK OF HOPE. THIS ANNUAL EVENT BRINGS TOGETHER COMMUNITY MEMBERS TO NURTURE NEIGHBORHOOD RESILIENCE THROUGH ACTIVITIES THAT PROMOTE SELF-CARE, MINDFULNESS, AND A COMMUNITY HEALING CIRCLE.

BY FOCUSING ON SELF-CARE AND COMMUNITY BUILDING, WE CAN CREATE A CULTURE OF RESILIENCE THAT EMPOWERS INDIVIDUALS TO OVERCOME CHALLENGES AND SUPPORT EACH OTHER IN TIMES OF NEED.

IN PREPARATION FOR LIVEWELL DAY AND TO FURTHER OUR GOAL OF NURTURING NEIGHBORHOOD RESILIENCE, WE ASKED OUR 'FOLLOWERS' ON INSTAGRAM TO SHARE THEIR MOST GO-TO INSPIRATIONAL QUOTES THAT HELP THEM OVERCOME STRUGGLES, MAINTAIN RESILIENCE, AND FIND HOPE TO KEEP MOVING FORWARD TOWARD THEIR PERSONAL GOALS. THE BOOK OF HOPE IS A COLLECTION OF INSPIRING QUOTES, WISDOM NUGGETS, AND MEANINGFUL BELIEFS FROM COMMUNITY MEMBERS WHO HAVE OVERCOME ADVERSITY AND FOUND TOOLS AND TIPS FOR CULTIVATING RESILIENCE AND HEALING.

FINALLY, THE BOOK OF HOPE CAN BE A POWERFUL TOOL TO REDUCE THE HARM OF STRESSORS AND TRAUMA. IT PROVIDES INSPIRATION, COMFORT, AND REVELATION TO HELP INDIVIDUALS COPE WITH ADVERSITY AND BUILD RESILIENCE.

MARY WILSON

'Resilience' means the ability to recover from setbacks, learn from them and move forward with strength and determination.



 mary wilson



Don't sweat the small
stuff. Everything works
out in the end.



**NEVER GIVE
UP, NEVER
GIVE IN!**

MICHAEL DANIELS



"YOU ARE MADE FOR
GREATNESS!"

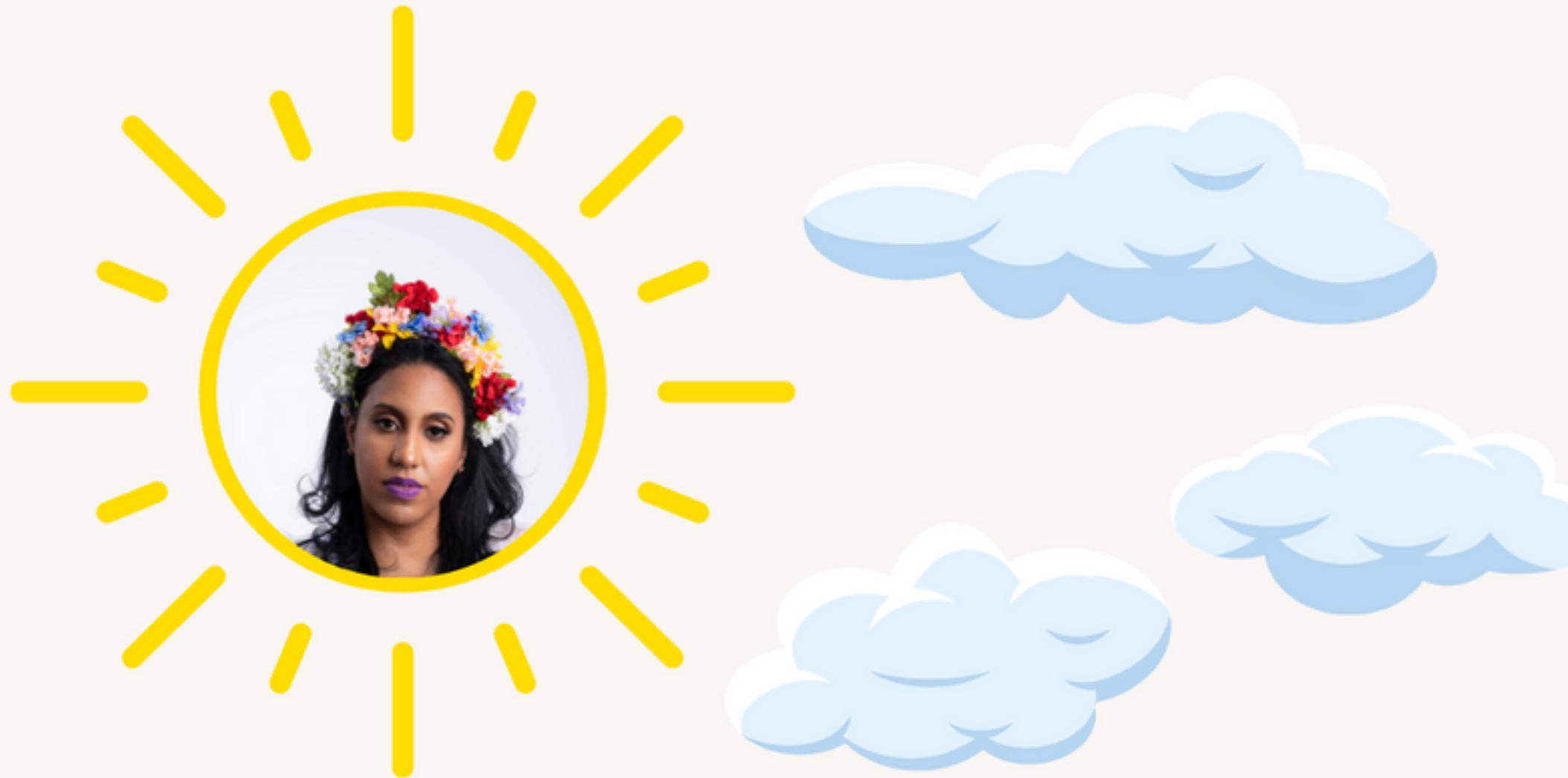
Jose Bright

“

NEVER
KNOW TOO
MUCH TO
LEARN

QUEENIE JORDAN





i BLOOM WHEREVER i AM PLANTED!

SHANTEL TAYLOR-FISHER



“

“Live as if
you were to
die
tomorrow.
Learn as if
you were to
live forever.”

MAHATMA GANDHI

DHRUMI SHAH





LIVE

LAUGH



LOVE

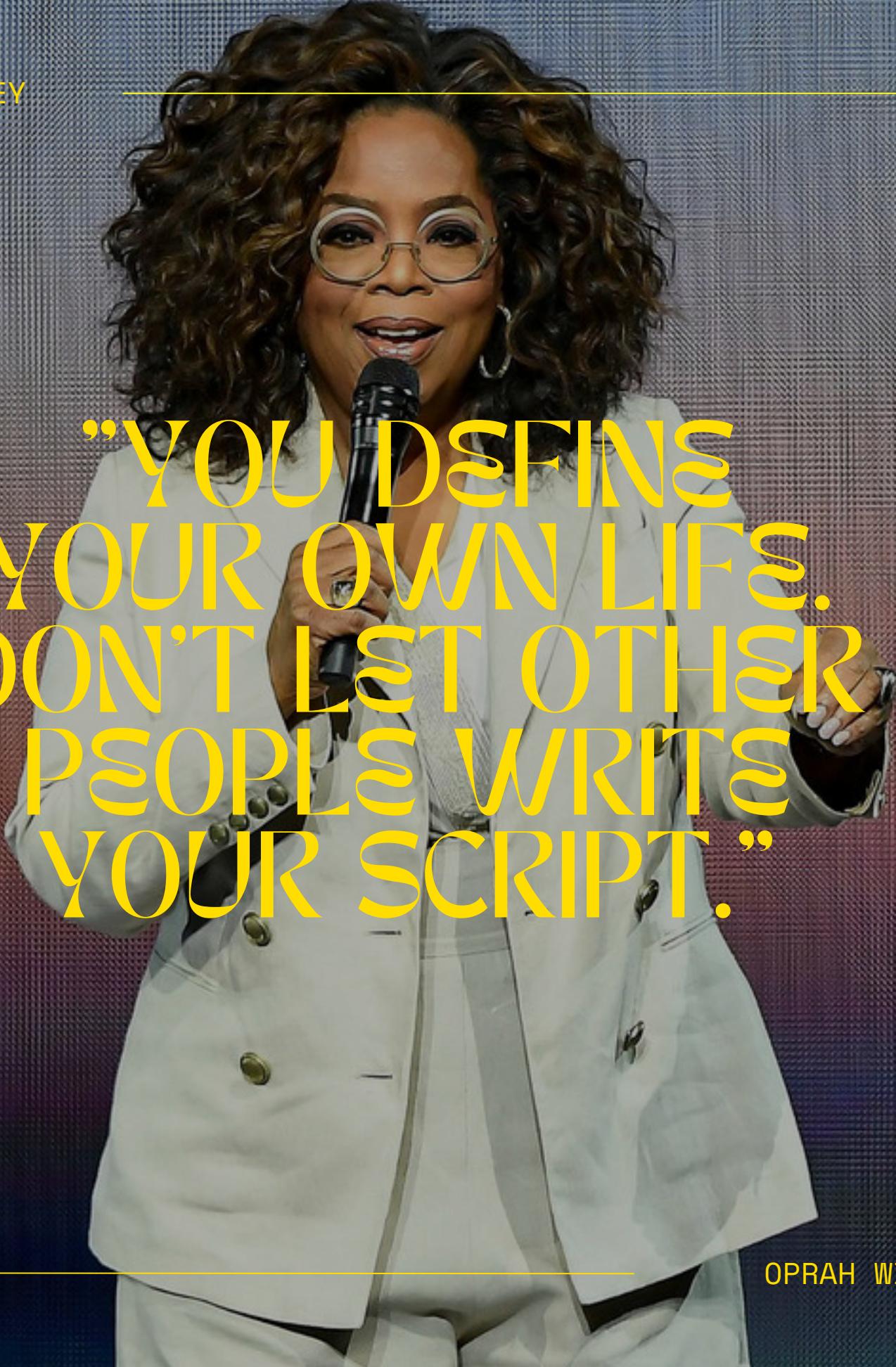
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C.S. Lewis

You are never too old to set another goal or to dream a new dream.

OPRAH WINFREY

A photograph of Oprah Winfrey from the chest up. She has voluminous, curly brown hair and is wearing round, silver-framed glasses. She is smiling and speaking into a black handheld microphone held in her right hand. She is wearing a light-colored, double-breasted trench coat over a dark top. The background is a textured, reddish-purple wall.

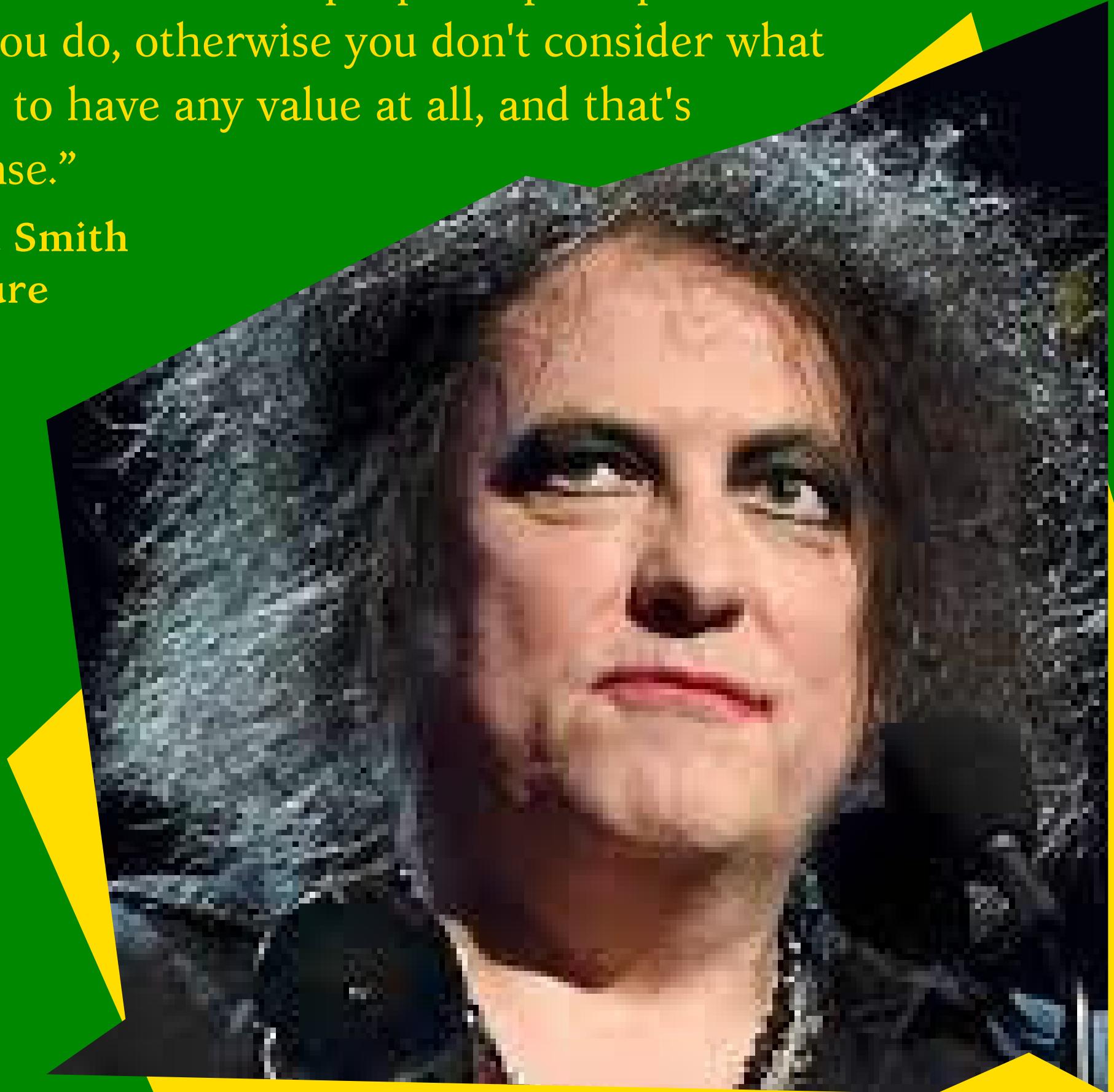
"YOU DEFINE
YOUR OWN LIFE.
DON'T LET OTHER
PEOPLE WRITE
YOUR SCRIPT."

OPRAH WINFREY

“

“You can't allow other people to put a price on what you do, otherwise you don't consider what you do to have any value at all, and that's nonsense.”

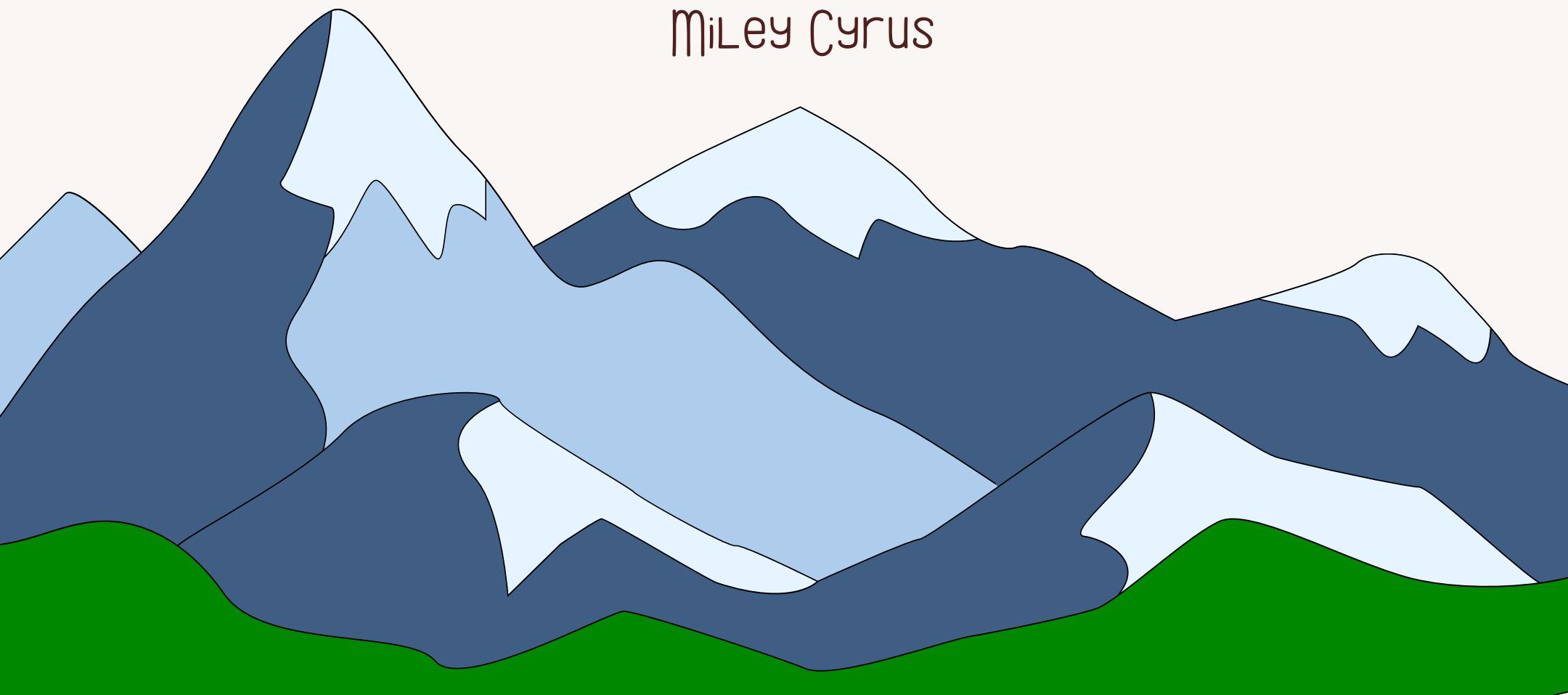
Robert Smith
The Cure





There's always gonna be another mountain. I'm always gonna wanna
make it move. Always gonna be an UPHILL BATTLE. Sometimes I'm gonna
have TO LOSE. Ain't about HOW FAST I get THERE. Ain't about WHAT'S
waiting on THE OTHER SIDE. IT'S THE CLIMB!

Miley Cyrus



“

*“Some people
don't understand
that sitting in your
own house alone in
peace, eating
snacks and
minding your
business is
priceless.”*



TOM HARDY



**LIVE LIFE TO THE
FULLEST**



“LIFE DOES
NOT HAVE TO
BE PERFECT
TO BE
WONDERFUL.”

Annette Funicello

“

**Be yourself!
Everyone else
is already
taken.**

Oscar Wilde

"Fear kills more dreams than failure ever will!"

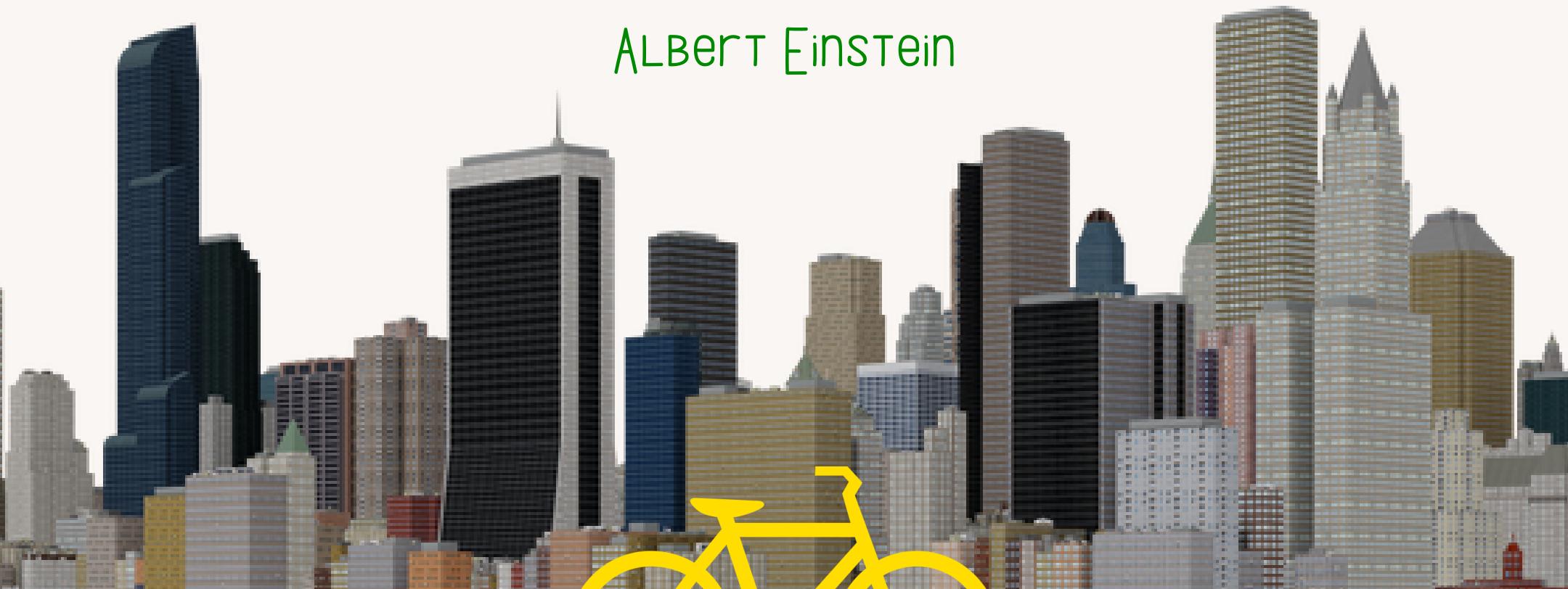


SUZY KASSEM



LiFe iS LiKe riDiNg a BiCYCLE. To KeeP your BaLaNce, you muST KeeP
moViNg.

ALBERT EINSTEIN





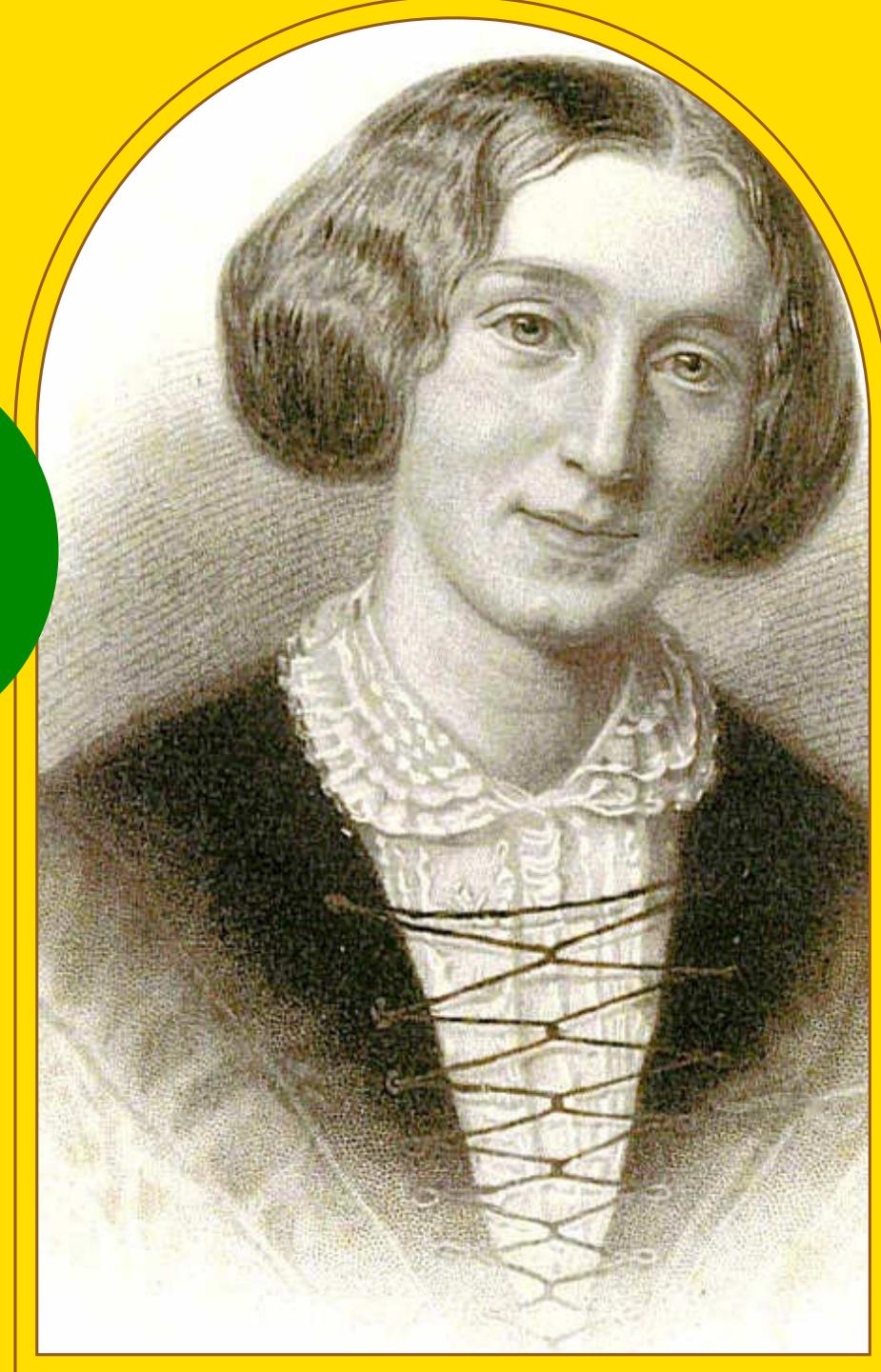
AUDREY HEPBURN

"Nothing is
impossible. The word
itself says 'I'm
possible!'"



I am getting better and
better every day!

• • •
• • •
• • •
• • •
"It's never too late to be
what you might've been."



GEORGE ELLIOT

“

What matters most is how we respond to what we experience in life.



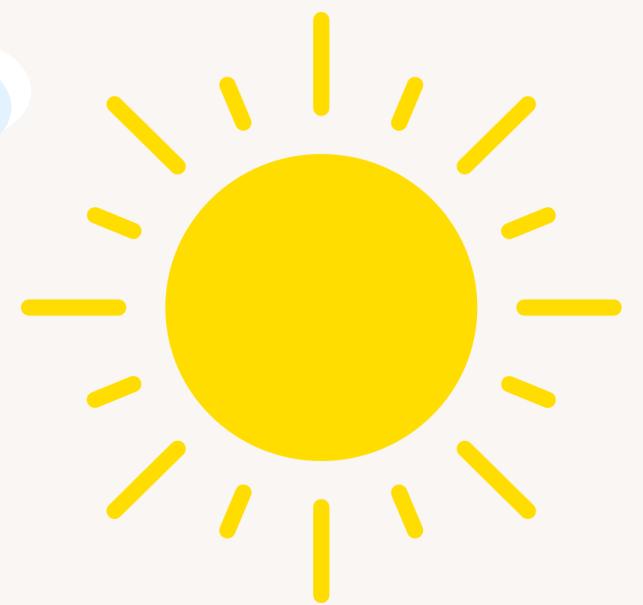
Stephen R. Covey





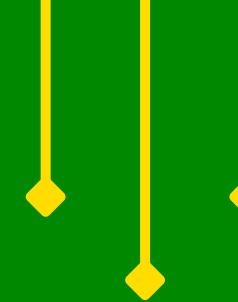
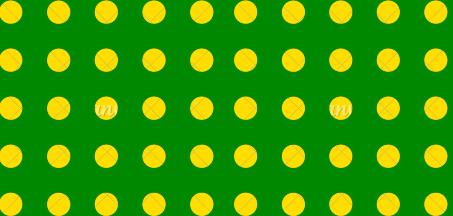
**“The time is
always
right to do
what is
right”**

**Martin
Luther King
Jr.**

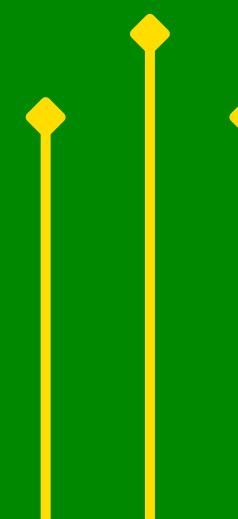


**Some of us are born
with the beach in our
souls.**

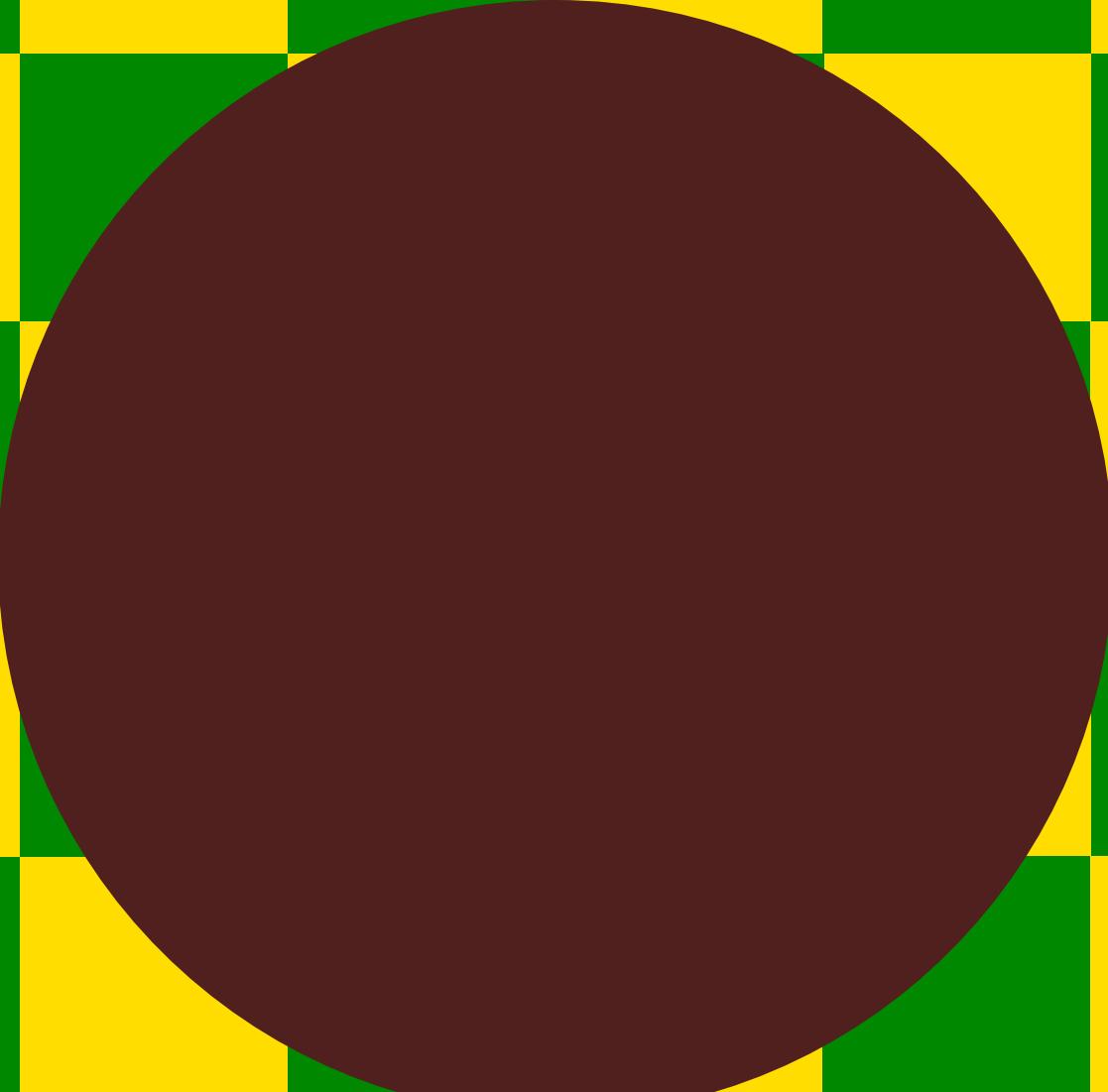




“Live your life to its fullest potential and don't really care too much about what other people think of you.”



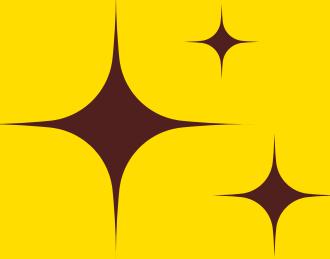
Lil Nas X



BE YOU!
BE TRUE!

Meghan Markle

You are
enough
just as
you are!



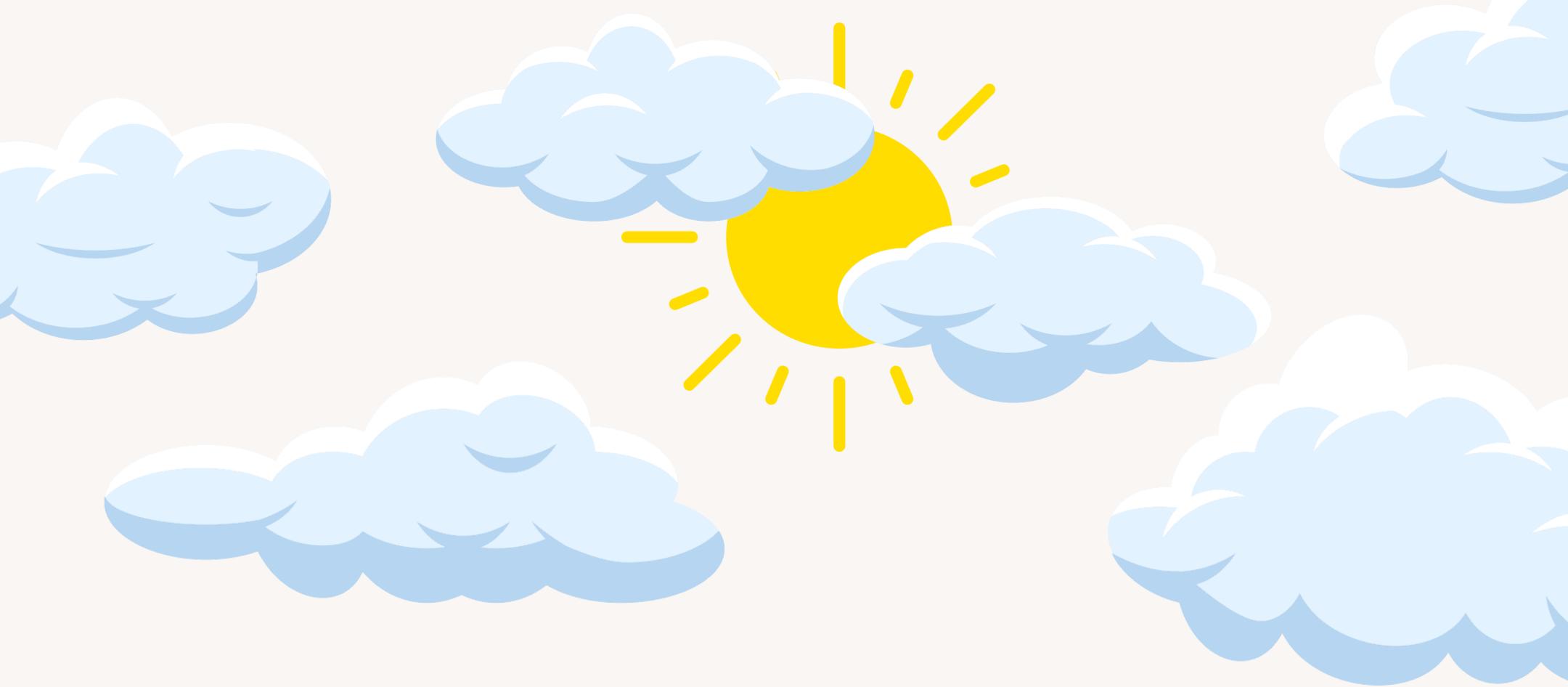


Once you replace negative thoughts with positive ones you will start having positive results.



MAYA ANGELOU

**MY MISSION IN LIFE
IS NOT MERELY TO
SURVIVE, BUT TO
THRIVE.**



EVERY FLOWER BLOOMS IN ITS OWN TIME!

KEN PETTI



**It is often the
small steps,
not the giant
leaps, that
bring about the
most lasting
change**



*Queen Elizabeth the
Second*

DAILY QUOTE

I can do all things
through Christ, who
strengthens me.



“

You're braver
than you
believe,
stronger than
you seem, and
smarter than
you think.

A. A. Milne

If you can dream
it, you can do it!



Walt Disney

If you have good thoughts they will shine
out of your face like sunbeams and you
will always look lovely.

Roald Dahl





Having a soft heart in a
cruel world is courage, not
weakness!

Katherine Henson

ELLA BAKER

GIVE LIGHT AND
PEOPLE WILL
FIND AWAY





**YOU ONLY LIVE
ONCE SO HAVE NO
REGRETS!**





BOOKER T.
WASHINGTON

IF YOU
WANT TO
LIFT
YOURSELF
UP, LIFT UP
SOMEONE
ELSE!

A RICH LIFE HAS NOTHING TO DO WITH MONEY!





Be kind to people of all
kinds!