



I am because we are
UBUNTU
COMMUNITY CATALYST



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.

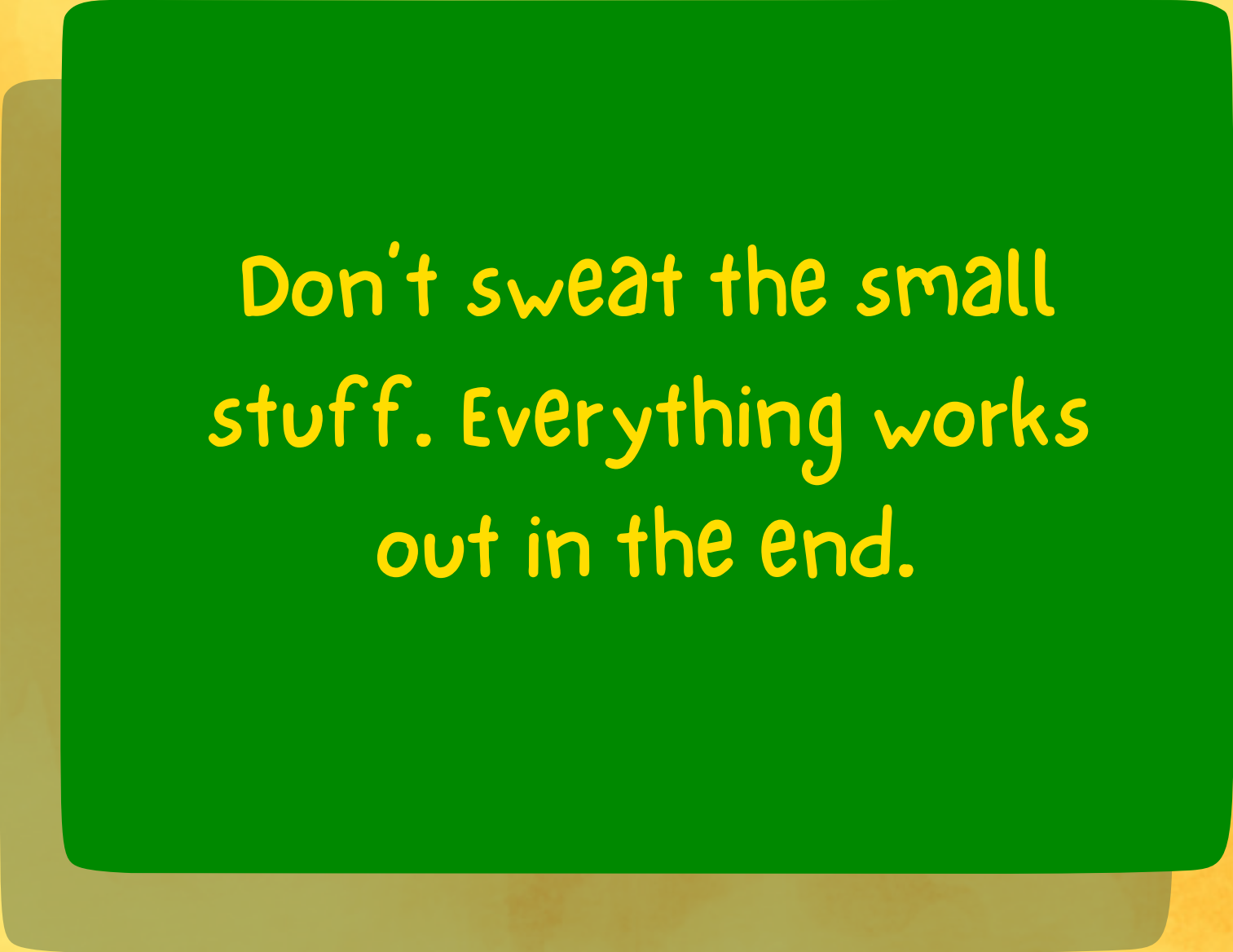
FINALLY, THE BOOK OF HOPE CAN BE A POWERFUL TOOL TO REDUCE THE HARM OF STRESSORS AND TRAUMA. IT PROVIDES INSPIRATION, COMFORT, AND REVELATION TO HELP INDIVIDUALS COPE WITH ADVERSITY AND BUILD RESILIENCE.

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



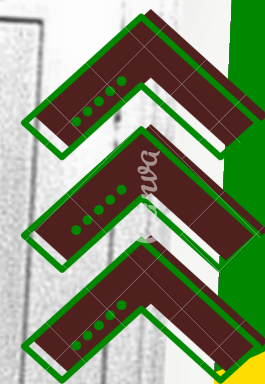


LIVE

LAUGH



LOVE



C.S. Lewis

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



OPRAH WINFREY

“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



“

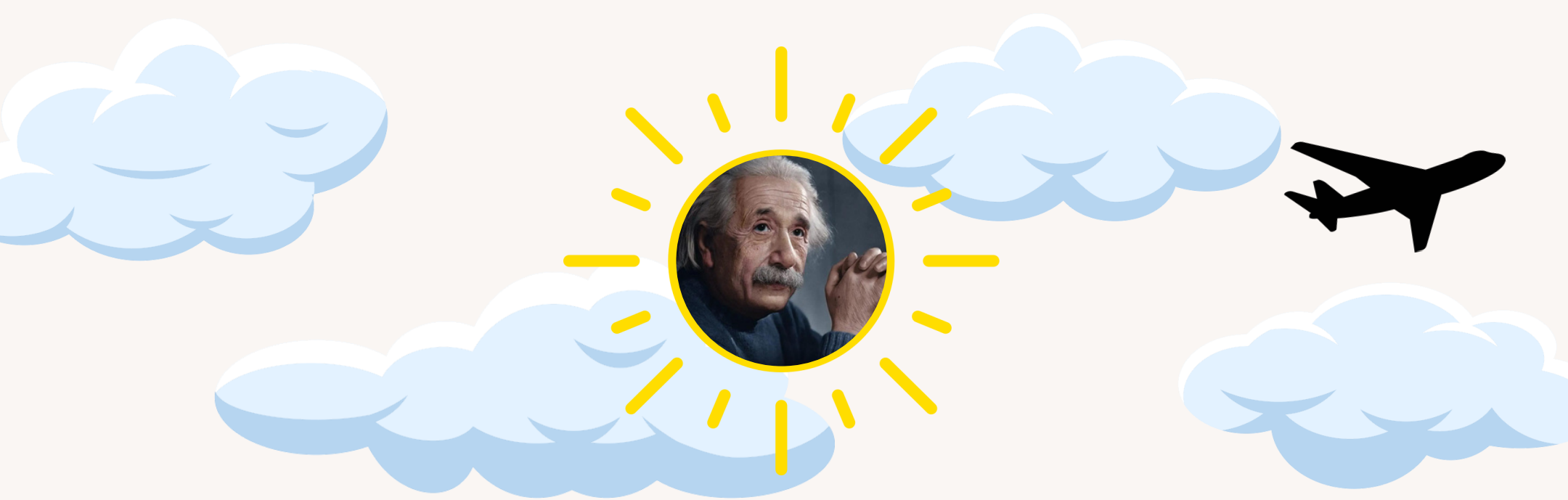
**Be yourself!
Everyone else
is already
taken.**

Oscar Wilde

"Fear kills more dreams than failure ever will!"

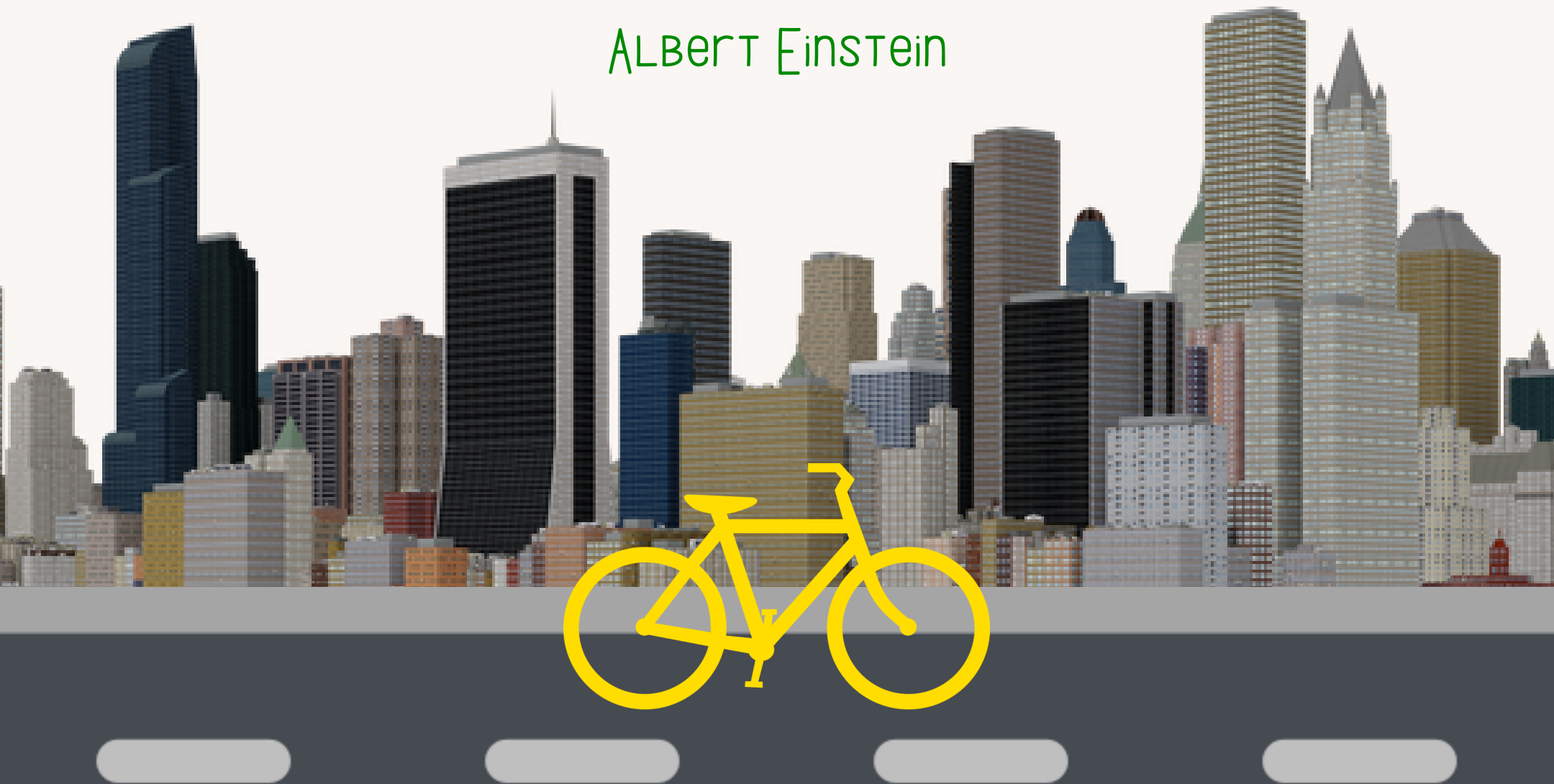


SUZY KASSEM



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!'"

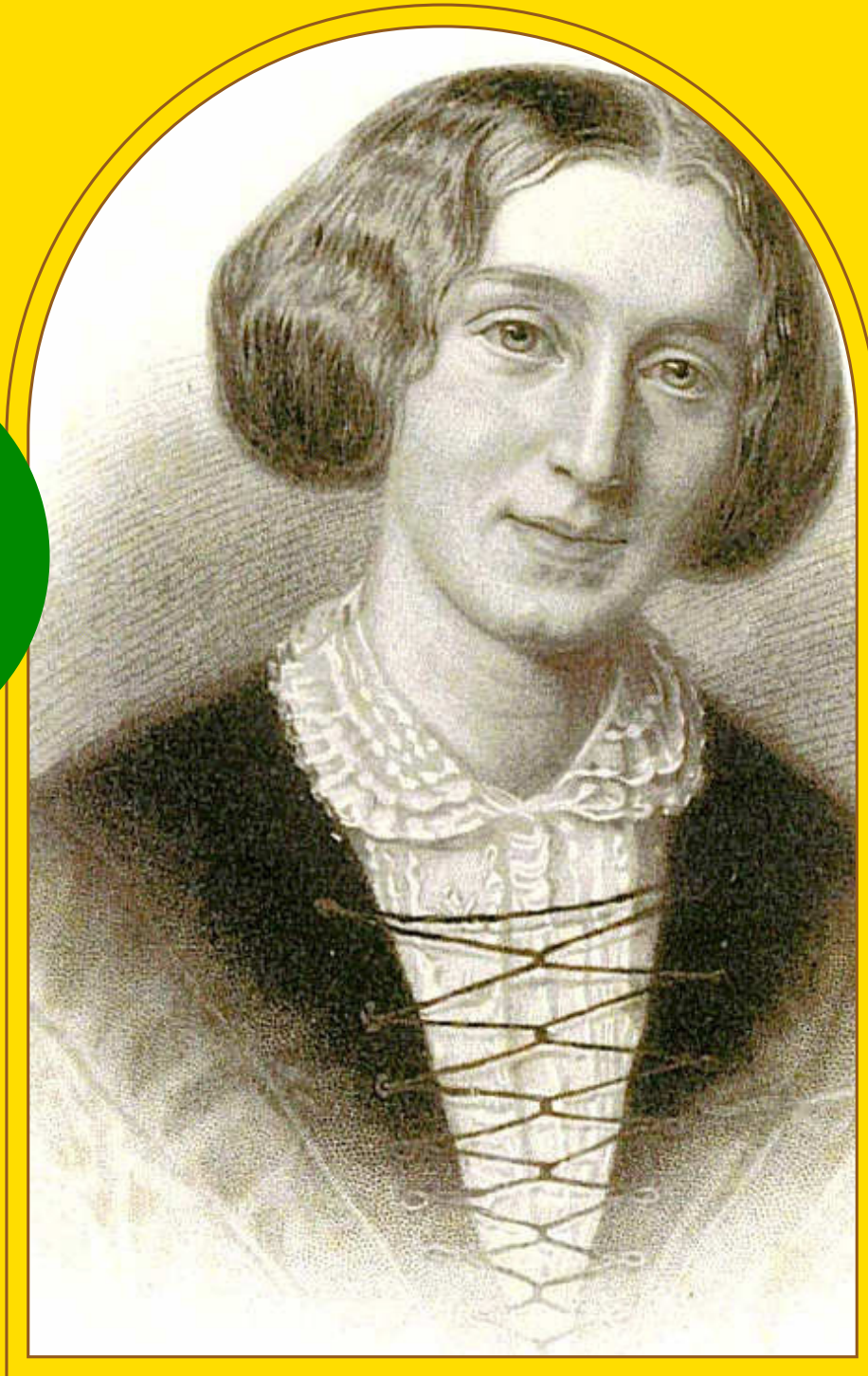


*I am getting better and
better every day!*

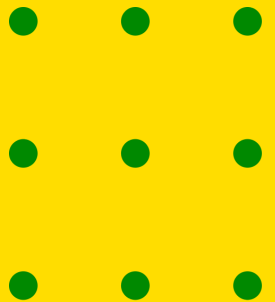


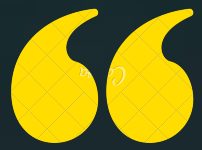
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**'It's never too late to be
what you might've been.'**



GEORGE ELLIOT





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



Stephen R. Covey



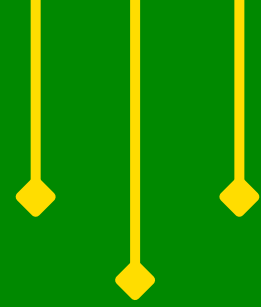
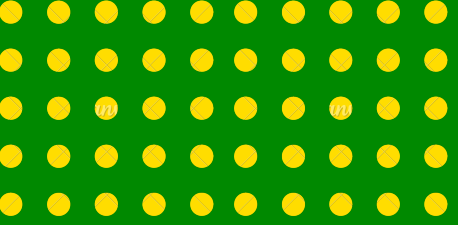


**“The time is
always
right to do
what is
right”**

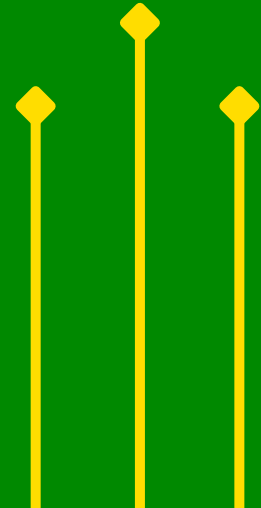
**Martin
Luther King
Jr.**



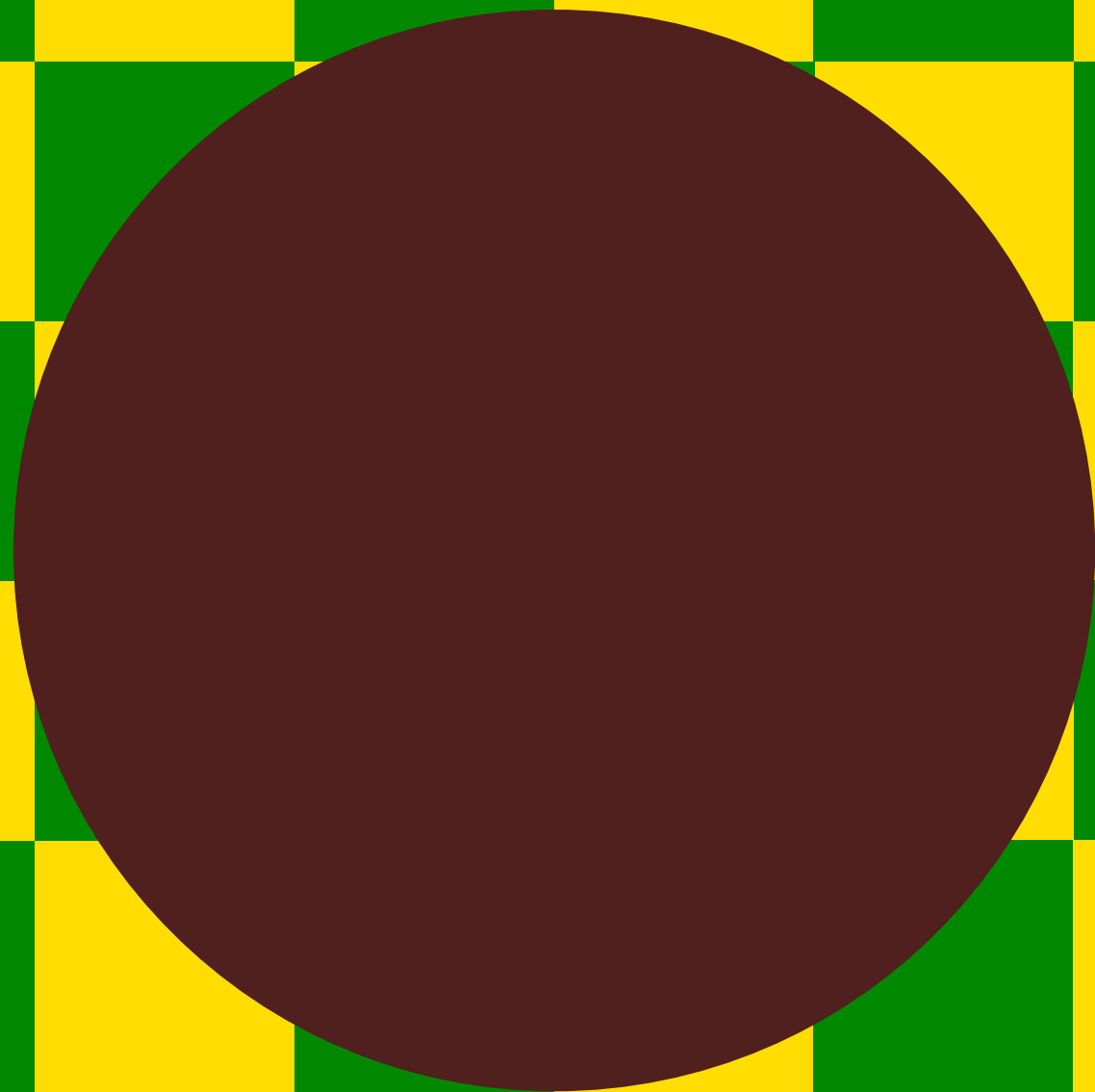
**Some of us are born
with the beach in our
souls.**



“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!

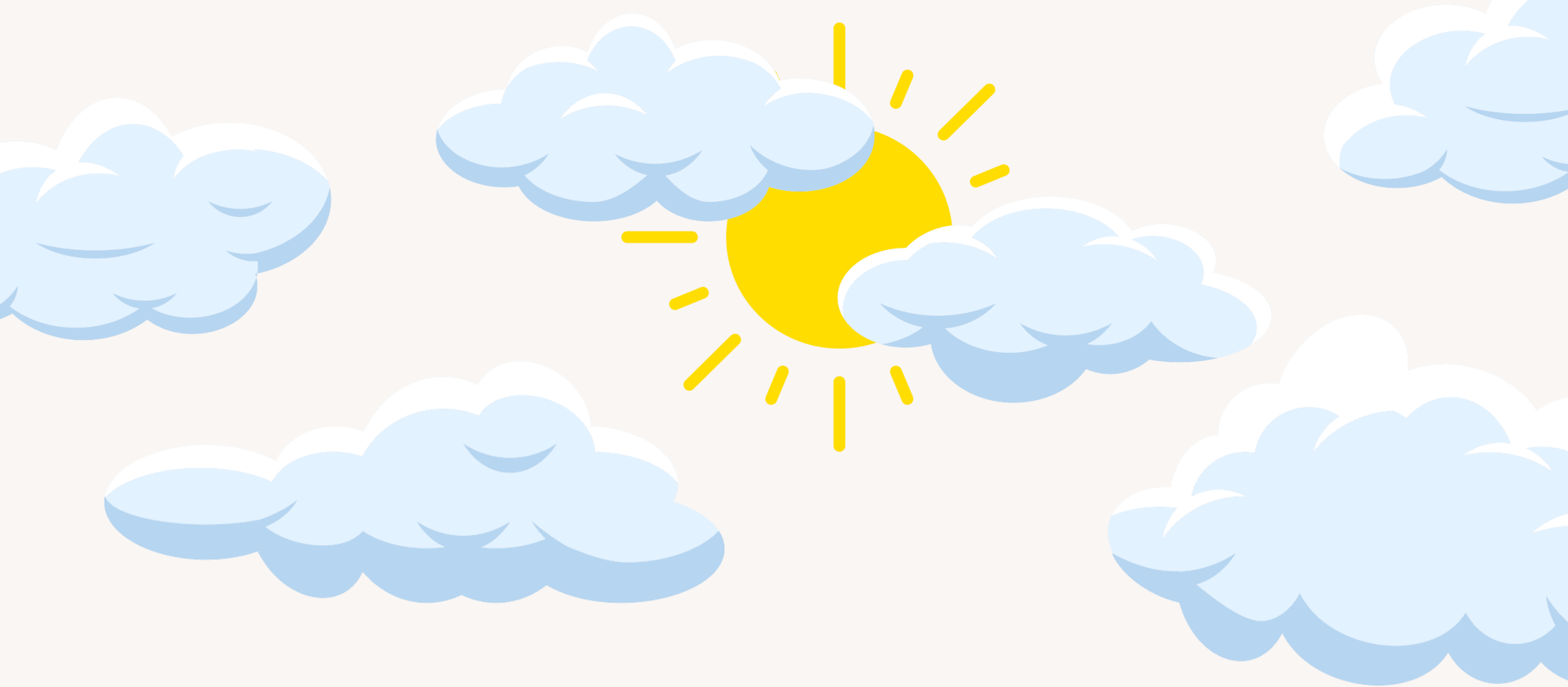


Once you replace negative thoughts with positive ones you will start having positive results.



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



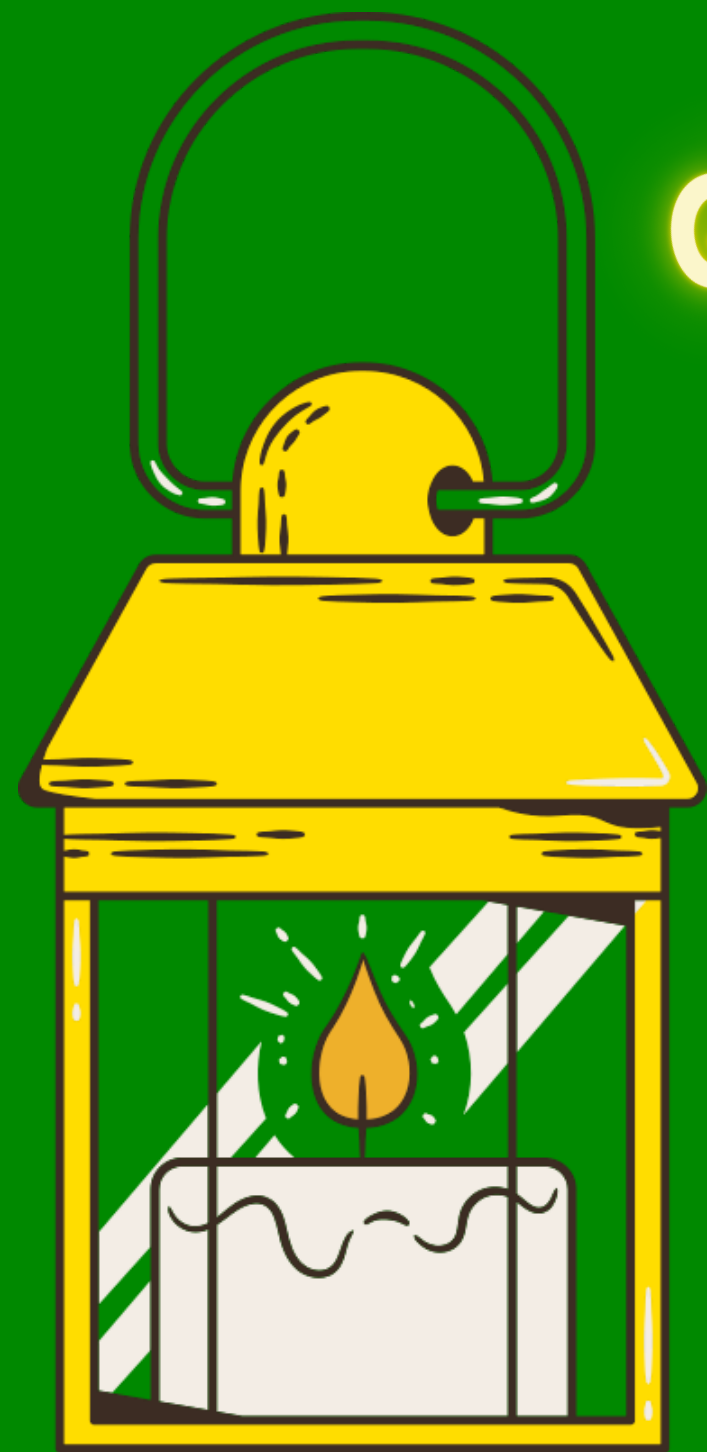


*Having a soft heart in a
cruel world is courage, not
weakness!*

Katherine Henson

ELLA BAKER

GIVE LIGHT AND
PEOPLE WILL
FIND A WAY





**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!