



# POSITIVITY

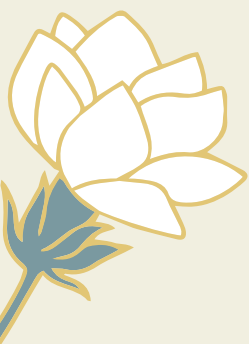
BY THE BLOGOSPHERE COMMUNITY  
CURATED BY BLOGOSPHERE



## ABOUT

'Positivity' shares inspiring quotes, articles, images and content from our community.

In a busy world full of uncertainty we hope this guide you to take a moment out of your day to be still, to breathe and move forward purposefully and positively.





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## SUMMERE GIBSON

My moment of calm is when I'm out on a little walk, either by the sea or in the countryside, focusing on appreciating the surroundings and little things like spotting robins or the sun through the trees. I find this is the time of day where I can relax and often have the best conversation with family/ a friend. It's also given me a sense of achievement/ purpose for the day getting out, I never regret a walk!



## EVE MARTHA

I'm so grateful to live at home with my lovely family. My favourite moment of calm from my day is in the evening, when we all bring a pot of tea into the living room with some chocolate and sweets, chat about our days and watch a good film or programme on TV. It's a moment in my day that always makes me feel calm and grateful. I also find calm in speaking to my sister on the phone, it is a moment that makes me smile and, again, feel grateful.



## HANMEETSWORLD

During this past year, taking the dog for a walk has been one of the best ways I've created calm in my life. Closing the laptop and getting into the countryside for fresh air. It's a simple thing that has made the whole world of difference.

## THE APPARENTLY

My moment of calm is being in nature  
- walking in the woods or hiking  
across amazing Scottish Highlands.





### THE RARE WELSH BIT

I love to use visualisation to help me relax. Whenever I'm feeling a little stressed or down, I remember travel experiences I've had where I've felt really calm and happy. My usual go-tos are snorkelling in Carriacou (one of Grenada's sister islands) and swinging on beach swings in Jamaica.





## MUMMY GOT STYLE

My moment of calm is when I wake up earlier than everyone in my house, and have my morning cup of coffee in peace.



## REAL GIRLS WOBBLE

I find peace on my daily walk with my rescue dog, Ivan. It's that time of day when I can organise my mind and unwind. Taking in the gorgeous scenery of here I live in South Wales also helps my creativity. I often arrive home with a blog post or social media content ideas.



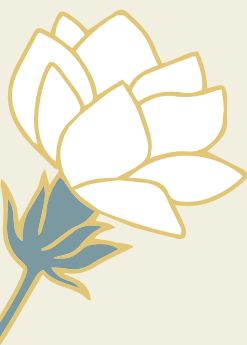
## PORCELAIN PIXIE

My moment of calm is when at the end of a long day I like to sit with my family or friends and watch a film with a glass of wine and snacks. There's something so relaxing about just stopping everything and just focusing on a film.



**ELIZABETH KEENAN**

Honestly, I think either escaping in a TV show or taking a walk helps relax and feel somewhat normal!





## BURSTS OF AUTUMN

I find my calm by dimming the lights and replacing cool light with warm lamp light, accompanied by the glow of candles around my bedroom. It's nice and cosy by the time I've had a warming bubble bath followed by some cosy skincare, snacks, a good book or show and the cosiest of PJ's. Oh and a nice bedroom spritz to nourish your senses! Throw in a warm beverage or refreshing sparkling water, lie back and feel your day melt away.



My moment of calm is exhaling whilst fully submerged in water. Ideally the sea... but a bathtub will do!



ALICEAUDLEY

## X O M I S S E

My moment of calm is sitting on the stones by the River Thames during my morning walk. I've also taken up daily journaling, it's nice to have a couple of silent minutes in the evening to clear my head.



## EXPLORE WITH ED

Deep breathing and a body scan meditation helps my busy mind slow down in preparation for bedtime. I've also started to become more mindful of the type of content I'm consuming in the evening, selecting programmes based around art and nature that don't overstimulate my mind.







## RUBY MILLS

My moment of calm in the mornings is meditation, in the evenings it's Beyonce, Whitney, Prince... any diva with a soulful voice to sing and dance my world away!



Hey, you. Yes you!

You my friend are a bloomin gorgeous piece of person and I hope you've looked at yourself in the mirror today and high fived the amazing person you see looking back at you. Do you know why?  
Because you deserve it.

- Louna,  
*Burstsofautumn*



BY BURSTS OF AUTUMN

TO EVERYONE STRUGGLING HERE'S A LIL MESSAGE TO  
REMINDE YOU OF HOW WONDERFUL YOU ARE

[- VIEW FULL POST](#)





“

AND HERE YOU  
ARE LIVING  
DESPITE IT ALL

QUOTE BY RUPI KAUR

PICKED BY BURSTS OF AUTUMN





BY ALICEAUDLEY

I NORMALLY HAVE SO MANY WORK RELATED GOALS AT THE START OF EACH YEAR, BUT THIS POST IS ALL ABOUT MY RESOLUTION TO TRY AND LIVE IN THE MOMENT.

[- VIEW FULL POST](#)





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SOMEONE HAS TO DO  
IT FIRST TIME, WHY  
CAN'T IT BE YOU?

PICKED BY ALICE AUDLEY





BY MUMMY GOT STYLE

SO MANY OF US LOOK IN THE MIRROR AND ARE UNHAPPY WITH WHAT WE SEE. I CREATED THIS INSTAGRAM POST TO SPARK POSITIVITY AND SHOW THAT WE SHOULD EMBRACE WHO WE ARE.

[- VIEW FULL POST](#)





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ONE SMALL POSITIVE  
THOUGHT IN THE  
MORNING CAN  
CHANGE YOUR  
WHOLE DAY

QUOTE BY DALAI LAMA

PICKED BY MUMMY GOT STYLE





BY SUMMERE GIBSON

3 THINGS TO REMEMBER DURING LOCKDOWN: THIS ISN'T FOREVER, IT'S OK IF YOU DON'T RUN 10K A DAY OR BAKE BANANA BREAD AND INSTAGRAM IS JUST A SNAPSHOT OF SOMEONE'S DAY

[- VIEW FULL POST](#)







“

GET UP. GET A ROUTINE. GET OUTSIDE  
WHEN YOU CAN. GET MOVING. GET  
FOCUSED ON THE DAY IN FRONT OF  
YOU. (NOT THE MONTH OR YEAR.)  
DON'T LIVE INSIDE HYPOTHETICAL  
CATASTROPHES. FOCUS ON WHAT YOU  
CAN CONTROL. EVEN IF IT IS YOUR  
BREATHING. DON'T BEAT YOURSELF UP  
FOR NOT BAKING BANANA BREAD.

QUOTE BY MATT HAIG

PICKED BY [SUMMEREGBSON](#)





I have downloaded the Waking Up app to begin my journey with meditation. It is a source of articles, podcasts and guided meditations to introduce those interested in meditation to its practice and theory. The app offers a great introductory course for newcomers to meditation, as well as catering for the more experienced! It has totally inspired me and opened my eyes to the world of meditation, perhaps it will do the same for you.

Supporting my journey in meditation I use a website called wavepaths, it engineers music to create experience as medicine. They call on experts to work with innovative techniques of therapy generating tools to reach a state of calm in this increasingly unstable environment.

BY RUBY MILLS





“

IF IT'S NOT OK  
IT'S NOT THE END

QUOTE BY JOHN LENNON

PICKED BY RUBY MILLS





## 5 UNFORGETTABLE TRAVEL MEMORIES INSPIRING ME TO TRAVEL LATER

BY THE RARE WELSH BIT

Back in March, just after the UK lockdown began, I wrote this post featuring some of my favourite travel memories to inspire both my readers and myself to stay positive about the prospect of travelling after the pandemic has passed.

[- CONTINUE READING POST](#)





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THE PEOPLE WHO ARE  
CRAZY ENOUGH TO  
THINK THEY CAN  
CHANGE THE WORLD  
ARE THE ONES WHO DO.

QUOTE BY STEVE JOBS

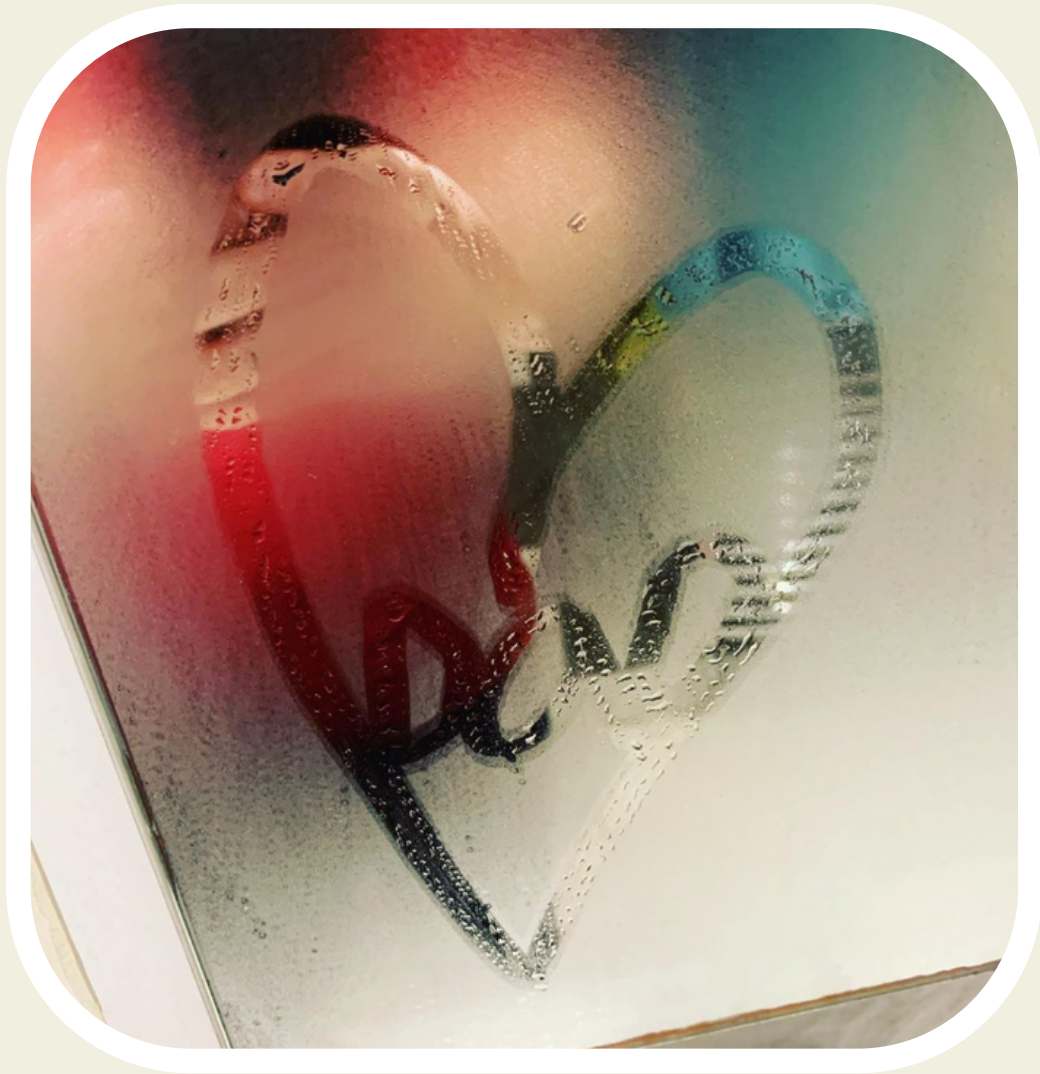
PICKED BY [THE RARE WELSH BIT](#)



BY THE APPARENTLY

MY KIDS CHANGED ME; I BECAME WHO I AM RIGHT NOW 'COS OF THEM. FATHERHOOD IS THE BEST WHAT HAPPENED TO ME. NOW I AM ABLE TO SUPPORT FAMILIES, I BECAME A PUBLISHED AUTHOR AND A AUTISM/PARENTING SPEAKER - I OWE THIS TO MY KIDS AND MY AMAZING PARTNER. EVEN THROUGH DEPRESSION AND ANXIETY THEY HAVE BEEN MY LIGHT.

[- VIEW FULL POST](#)





“

LIFE IS WAITING FOR YOU.  
YOU MIGHT BE STUCK HERE  
FOR A WHILE, BUT THE  
WORLD ISN'T GOING  
ANYWHERE. HANG ON IN  
THERE IF YOU CAN. LIFE IS  
ALWAYS WORTH IT.

QUOTE BY MATT HAIG

PICKED BY [THE APPARENTLY](#)





## HOW TO MAKE YOUR HOLIDAY MEMORIES LAST A LIFETIME

BY EXPLORE WITH ED

I actually really enjoy art and find it very therapeutic because I'm fully present and tuning in to my senses. Think about it, if you're on a beach drawing a palm tree you may see how the shadow changes, hear the leaves rustle, feel the breeze touching your skin, smell its tropical fragrance and taste the salty air on your lips. [Ad with TUI]:

[- CONTINUE READING POST](#)





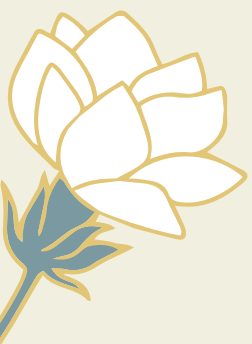


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EVERY DAY, IN EVERY  
WAY, I'M GETTING  
BETTER AND BETTER

QUOTE BY ÉMILE COUÉ

PICKED BY [EXPLORE WITH ED](#)



BY PORCELAIN PIXIE

ON INSTAGRAM I LAUNCHED THE #HAPPYCLOTHESREVOLUTION, WHICH ENCOURAGES PEOPLE TO SPREAD A BIT OF POSITIVITY ON SOCIAL MEDIA BY SHARING THEIR HAPPY CLOTHES! THE WORLD IS AT A BIT OF A STAND STILL AT THE MOMENT WITH CORONAVIRUS AND I THINK IT'S STILL SO IMPORTANT TO STILL GET DRESSED UP AND HAVE FUN WITH FASHION. EVEN IF IT'S JUST GETTING DRESSED UP AND NO ONE APART FROM YOU WILL SEE YOUR LOOK, I THINK IT'S SO IMPORTANT TO HAVE FUN PLAYING DRESS UP AND FINDING CLOTHES THAT MAKE YOU SMILE. IT DOESN'T MATTER ABOUT PEOPLE'S SIZE, AGE OR GENDER. I WANT TO GET PEOPLE TO SHARE WHAT CLOTHES MAKE THEM HAPPY AND ENCOURAGE OTHERS TO DO THE SAME.

[- VIEW FULL POST](#)





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NOTHING IS  
IMPOSSIBLE, THE  
WORD ITSELF SAYS  
I'M POSSIBLE

QUOTE BY AUDREY HEPBURN

PICKED BY [PORCELAIN PIXIE](#)





I LOVE IT WHEN AN EMAIL POPS INTO MY INBOX FROM POSITIVELY SIAN. HER POSTS ARE HONEST AND DOWN TO EARTH, WITH THAT BIT OF SPARK THAT CAN INSTANTLY LIFT YOUR MOOD. SHE REMINDS ME TO APPRECIATE THE SMALL STUFF AND PUTS A SMILE ON MY FACE.

BY REAL GIRLS WOBBLE ([INSTAGRAM.COM/REALGIRLSWOBBLE](https://www.instagram.com/realgirlswobble))





“

I AM FOCUSED,  
PERSISTENT AND  
WILL NEVER QUIT.

PICKED BY REAL GIRLS WOBBLE





BY HANMEETSWORLD

TAKEN BY MICHAEL TOMAS (@LONDONVIEWPOINTS)

I CREATED HAN MEETS WORLD TO INSPIRE OTHERS TO LIVE THEIR DREAMS AND IT'S TAKEN ME ON SOME AMAZING ADVENTURES AS A RESULT! I'VE EVEN HAD MESSAGES FROM PEOPLE SAYING THEY WERE INSPIRED BY MY POSTS TO GO AFTER THE WORK THEY REALLY WANTED. ONE RECENT POST THAT I'D LOVE TO SHARE WITH EVERYONE IS THIS POST [INSTAGRAM FROM INTERNATIONAL WOMEN'S DAY](#)

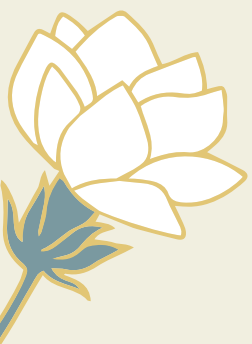
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“

IF I'M FEELING STUCK OR NEED A LIFT,  
I'LL THINK ABOUT THE HAN MEETS  
WORLD MISSION: TO INSPIRE OTHERS  
TO LIVE THEIR DREAMS. OR A  
PERSONAL MANTRA I'VE LIVED BY  
SINCE I WAS A TEEN: WITHOUT  
CHALLENGE, THERE'S NO ADVENTURE.

PICKED BY HANMEETSWORLD





## A CALMING FEW UNIVERSITY DAYS

BY EVE MARTHA

This is a video of my first week back of a new term at university. We had just started another lockdown, and so I decided that week to film a calming video, in the hopes of bringing a smile to someone who might be watching.

[- WATCH THE VIDEO](#)







“

FOR THERE IS ALWAYS  
LIGHT. IF ONLY WE ARE  
BRAVE ENOUGH TO SEE  
IT. IF ONLY WE ARE  
BRAVE ENOUGH TO BE IT

QUOTE BY AMANDA GORMAN

PICKED BY EVE MARTHA



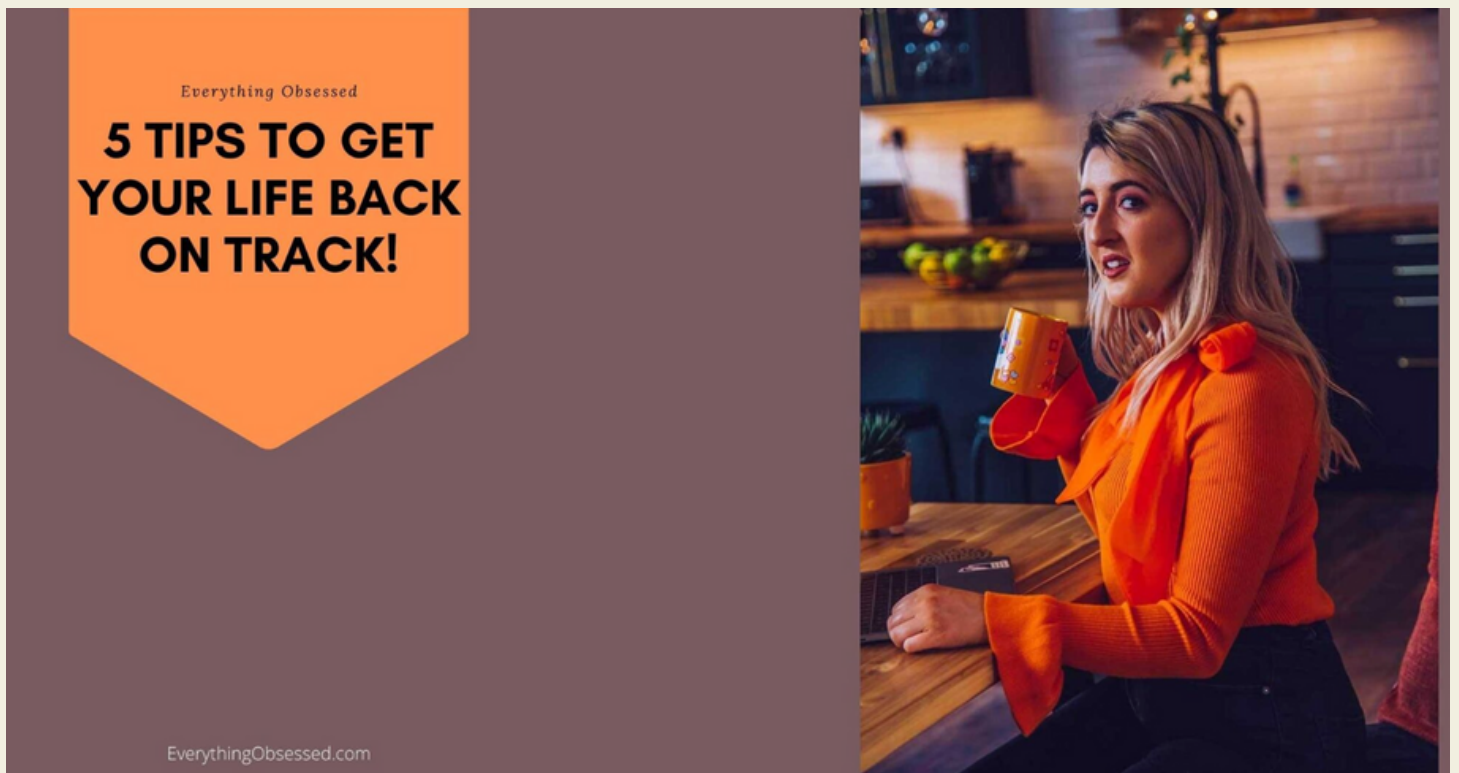


## 5 TIPS TO GET YOUR LIFE BACK ON TRACK!

BY ELIZABETH KEENAN

I did this post on tips to be productive. My top tip is scheduling in your habits and allowing yourself to relax/enjoy things. It's amazing how much less you procrastinate, when you have fewer things to procrastinate about!

[- CONTINUE READING POST](#)





“

IF YOU DON'T BUILD  
YOUR DREAM SOMEONE  
ELSE WILL HIRE YOU TO  
HELP BUILD THEIRS

QUOTE BY TONY A. GASKINS JR

PICKED BY [ELIZABETH KEENAN](#)





**Elaine Malone**

@XOmisse

One thing I've learned this year is that there will never be a good time to launch THAT thing you've been thinking about. So just start it right now!

BY XOMISSE

ONE THING I'VE LEARNED THIS YEAR IS THAT THERE WILL NEVER BE A GOOD TIME TO LAUNCH THAT THING YOU'VE BEEN THINKING ABOUT. SO JUST START IT RIGHT NOW!

[- VIEW FULL POST](#)





“

ALIS GRAVE NIL  
(WITH WINGS,  
NOTHING IS HEAVY)

PICKED BY XOMISSE





**FURTHER RESOURCES:**

CALM APP  
MIND CHARITY

...

**MEMBER CONTENT:**

[GRAB A WORKBOOK FROM THE JOYFUL COACH](#)

[SET GOALS WORKBOOK BY SARA TASKER](#)

