



## New Pathways Wellbeing Circles

### EXPLORING FOUNDATIONS OF WELLBEING

and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

## HOPE

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended.

*Nelson Mandela*

You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.

*John Lennon*

Inventory:

Four be the things I am wiser to know:

Idleness, sorrow, a friend, and a foe.

Four be the things I'd been better without:

Love, curiosity, freckles, and doubt.

Three be the things I shall never attain:

Envy, content, and sufficient champagne.

Three be the things I shall have till I die:

Laughter and hope and a sock in the eye.

*Dorothy Parker*

Although I'm only fourteen, I know quite well what I want, I know who is right and who is wrong. I have my opinions, my own ideas and principles, and although it may sound pretty-mad from an adolescent, I feel more of a person than a child, I feel quite independent of anyone.

*Anne Frank*

I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.

*Robert Fulghum*

Hope is a waking dream.

*Aristotle*

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and about what makes the universe exist. Be curious. I don't have much positive to say about motor neuron disease. But it taught me not to pity myself, because others were worse off and to get on with what I still could do, I'm happier now than before I developed the condition. I am lucky to be working in theoretical physics, one of the few areas in which disability is not a serious handicap.

*Stephen Hawking*

The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

*Barbara Kingsolver*

It's The Little Moments That Makes Life Big – From Acres of Hope

Around here each little moment is a precious milestone towards the overall transformation of a family. All throughout the year you have seen the videos, photos, and read the stories. Each one revealing a new lesson learned, a barrier crossed, or a victory achieved. Whether it's the first smile of a newborn infant, or the smile of a mother on her first day of work at her new job. The little moments matter. It matters that a child is excited to run to the park. It's amazing to see a mom hold in the air her driver's license as she walks through the door. What a moment to witness when a little boy who never wanted to be touched, runs up to others with open arms for a hug, squealing the words, "I Love You."

You see for us here at Acres of Hope, the little moments matter. It is these moments that in time will reveal the progression of how a life that began in a place of homeless, transformed into a life that has broken the cycle. That realization comes the day when an invitation is given to visit a graduate family at their new home. It comes in moments of college graduations or an alumni child inviting you to his next belt placement in martial arts. It comes full circle when a graduate returns to mentor other residents to show them the way out of broken cycles too.

The little moments matter.

*Acres of Hope*

I have come to accept the feeling of not knowing where I am going. And I have trained myself to love it. Because it is only when we are suspended in mid-air with no landing in sight, that we force our wings to unravel and alas begin our flight. And as we fly, we still may not know where we are going to. But the miracle is in the unfolding of the wings. You may not know where you're going, but you know that so long as you spread your wings, the winds will carry you.

*C. JoyBell*

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.

*Epicurus*

The feelings that hurt most, the emotions that sting most, are those that are absurd - The longing for impossible things, precisely because they are impossible; nostalgia for what never was; the desire for what could have been; regret over not being someone else; dissatisfaction with the world's existence. All these half-tones of the soul's consciousness create in us a painful landscape, an eternal sunset of what we are.

*Fernando Pessoa*

Shoot for the moon, even if you fail, you'll land among the stars.

*Cecelia Ahern*

I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.

*Nelson Mandela*

Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature.

*Steve Maraboli*

TO BE HOPEFUL in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.

*Howard Zinn*

In a world filled with hate, we must still dare to hope. In a world filled with anger, we must still dare to comfort. In a world filled with despair, we must still dare to dream. And in a world filled with distrust, we must still dare to believe.

*Michael Jackson*

Write it on your heart  
that every day is the best day in the year.  
He is rich who owns the day, and no one owns the day  
who allows it to be invaded with fret and anxiety.

Finish every day and be done with it.  
You have done what you could.  
Some blunders and absurdities, no doubt crept in.  
Forget them as soon as you can, tomorrow is a new day;  
begin it well and serenely, with too high a spirit  
to be cumbered with your old nonsense.

This new day is too dear,  
with its hopes and invitations,  
to waste a moment on the yesterdays.

*Ralph Waldo Emerson*

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.

*Thomas Merton*

If at first the idea is not absurd, then there is no hope for it.

*Albert Einstein*

Everyone must dream. We dream to give ourselves hope. To stop dreaming - well, that's like saying you can never change your fate. Isn't that true?

*Amy Tan*

No. Don't give up hope just yet. It's the last thing to go. When you have lost hope, you have lost everything. And when you think all is lost, when all is dire and bleak, there is always hope.

*Pittacus Lore*

Happiness is always there. You just have to choose to see it. There's no point dwelling in the dark and ignoring the light of the stars.

*Carrie Hope Fletcher*

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

*Steve Jobs*

Our dreams and goals are delicately sculpted by a fierce and spirited love and determined by our passionate and faithful pursuance. Every loss along the way can fortify an admirable tenacity to keep on striving. Our dreams are our priceless pledges to ourselves for everything we deeply know that we are worth — inspired by what we know we can give.

Too often we can lose ourselves and our higher visions as we batter with life's trials and obstacles that appear before us. Extrinsic forces that we allow to penetrate our hopes and aspirations cause friction within us and lead us to lose control. Yet when we focus on our inner compass for wisdom, guidance, and intuition, we can form a clearer perspective outside of external constraints.

Perseverance is our non-combative propeller. She patiently pursues and cultivates through an inner strength, fluidity, and sophisticated seniority. She hugs each tight bend, flows over and through each obstacle, and shapes herself to what lies ahead. When we reach for our dreams and greater goals, we can choose where we direct our energy; we can determine the flow of our faith and enterprise as we cascade towards our victory. Patience and perseverance turn the external ticking clock into an inner pendulum of quintessential timing — responding rather than reacting, and flowing instead of fighting.

*Christine Evangelou*

Acknowledging the good that is already in your life is the foundation for all abundance.

*Eckhart Tolle*

*Thank you for joining us this evening, and for your support throughout 2019.  
We have covered some amazing topics and your insights have been inspiring.*

*We hope you enjoyed the reflections and discussions.  
Please join us for light refreshments.*

We look forward to being with you in 2020 and exploring other foundations of wellbeing.

Annette xxxx



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