

## #HopefulStories: Week 4

11/03: **Snowdrops. Just snowdrops being snowdrops.**



12/03: **Amanda Gorman reminding the entire world, watching Biden's inauguration, "For there is always light. If only we're brave enough to see it. If only we're brave enough to be it."**

13/03: **I wonder when the last time was that you were thanked for burping. Probably when you were a baby. People thank babies for burping, because it's an accomplishment for someone not in control of their wind. Then we grow up and this same achievement seems less impressive. But maybe we've all had our achievement bars reset at the moment, and if no one else is going to praise us for doing the smallest thing, then perhaps we need to. I'm doing yoga with Adriene at the moment, partly because the gyms are closed, but mainly because I am very new to yoga and not very good, and Adriene is so affirming that she congratulates the smallest accomplishment. Turning on youtube, rolling out your yoga mat are all well done, and I need that kind of praise for small achievements at the moment. Maybe we all do.**

14/03: **The joy to be found in opening a cookbook and experimenting**

15/03: **When old or distant friends suddenly find their way into your inbox and you smile remembering times past and wonder where they are now.**



16/03: **Lighting a candle, and noticing how even that small flame lights up a whole room - a reminder that the darkness has not won, and it never will.**

17/03: **Viral videos of people sharing their talent with the world**