

MORE AFRICA



100 pages
of happiness,
inspiration and
feel good vibes
in these
difficult times

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Dear reader,

At the moment, we live with each other in uncertainty.

These are difficult times, which we will have to go through together.

To bring a positive note during these dark times, we have made a book full of inspiring and feel-good quotes. With this book we hope to put a smile on your face.

At the end of the book we also added some useful tips for what you can do at home during a (partial) lockdown.

Just like for everyone else, this is also a financially difficult time for More Africa.

The school is closed until further notice. The guesthouse is closed.

Of course in these times we want to continue taking care of our children and to pay our staff as well as possible.

That is why we would like to ask you; if this book gives you a positive vibe, to donate a small amount. In this way we hope to re-open as soon as possible, keep our staff with us and help the community move forward as soon as it is safe to go outside again.

Donations can be made through our Dutch bankaccount: NL 29 RABO 0118383280 or through <https://www.doneeractie.nl/actie/42883>

Stay at home. Stay healthy. Stay strong.

Team More Africa

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IT'S OK IF

you fall

apart sometimes.

TACOS FALL

apart and

≡ WE STILL LOVE THEM. ≡

-dr. ramdesh

Happiness

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It is not how much we have, but how much we enjoy, that makes happiness.

- Charles Spurgeon

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Happiness is not something ready made. It comes from your own actions.

- Dalai Lama

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*Happiness does not depend on what you have or who you are.
It solely relies on what you think.*

- Buddha

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Give the ones you love wings to fly, roots to come back and reasons to stay.

- Dalai Lama

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Happiness depends upon ourselves.

- Aristotle

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"DO WHAT YOU
CAN WITH ALL
YOU HAVE,
WHEREVER YOU
ARE."

— Theodore
Roosevelt

Relaxation

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Tension is who you think you should be, relaxation is who you are.

- Lao Tzu

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Turn off your mind, relax and float downstream.

- John Lennon

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Your calm mind is the ultimate weapon against your challenges.
So relax.

- Bryant McGill

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Your mind will answer most questions if you learn to relax
and wait for the answer.

- William S. Burroughs

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There is no wisdom without leisure.

- W.B. Yeats

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Great things are done by a series of small things brought together.

- Vincent van Gogh

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STAY

STRONG.

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No one was ever
become poor
by giving. 

- anne frank

Inspiration

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See the light in others, and treat them as if that is all you see.

- Dr Wayne Dyer

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When the world is running down, you make the best of what's still around.

- Sting

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Let everyone sweep in front of his own door, and the whole world will be clean.

- Johann Wolfgang von Goethe

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That which does not kill us, makes us stronger.

- Friedrich Nietzsche

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Life will give you whatever experience is most helpful for the evolution
of your consciousness.

- Eckhart Tolle

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Be somebody who makes everybody feel like a somebody

- Robby Novak

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Dawn comes after darkness.

- Lisa Wingate

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It might take a year, it might take a day,
but what's meant to be will always find its way.

- Unknown

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No matter how you feel. Get up, dress up,
show up and never give up.

- Regina Brett

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This too shall pass.

- Rumi

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Be brave.

- Unknown

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We either make ourselves miserable or we make ourselves strong.
The amount of work is the same.

- Carlos Castenada

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The journey of a thousand miles begins with a single step.

- Lao Tzu

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When nothing goes right...
Go left

- Unknown

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Sometimes the smallest step in the right direction ends up being
the biggest step of your life.

Tip toe if you must, but take the step.

- Naem Callaway

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Life has a funny way of working out
just when you start to believe it never will.

- Aadil Ansari

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Sometimes you need those bad days, because it helps you
truly appreciate the good ones.

- Unknown

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I am stronger than this challenge and this challenge is making me stronger.

- Unknown

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Inhale the future. Exhale the past.

- Unknown

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It always seems impossible until its done.

- Nelson Mandela

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The greatest moments in life are the simplest.

- Unknown

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If you light a lamp for someone else, it will also brighten your path.

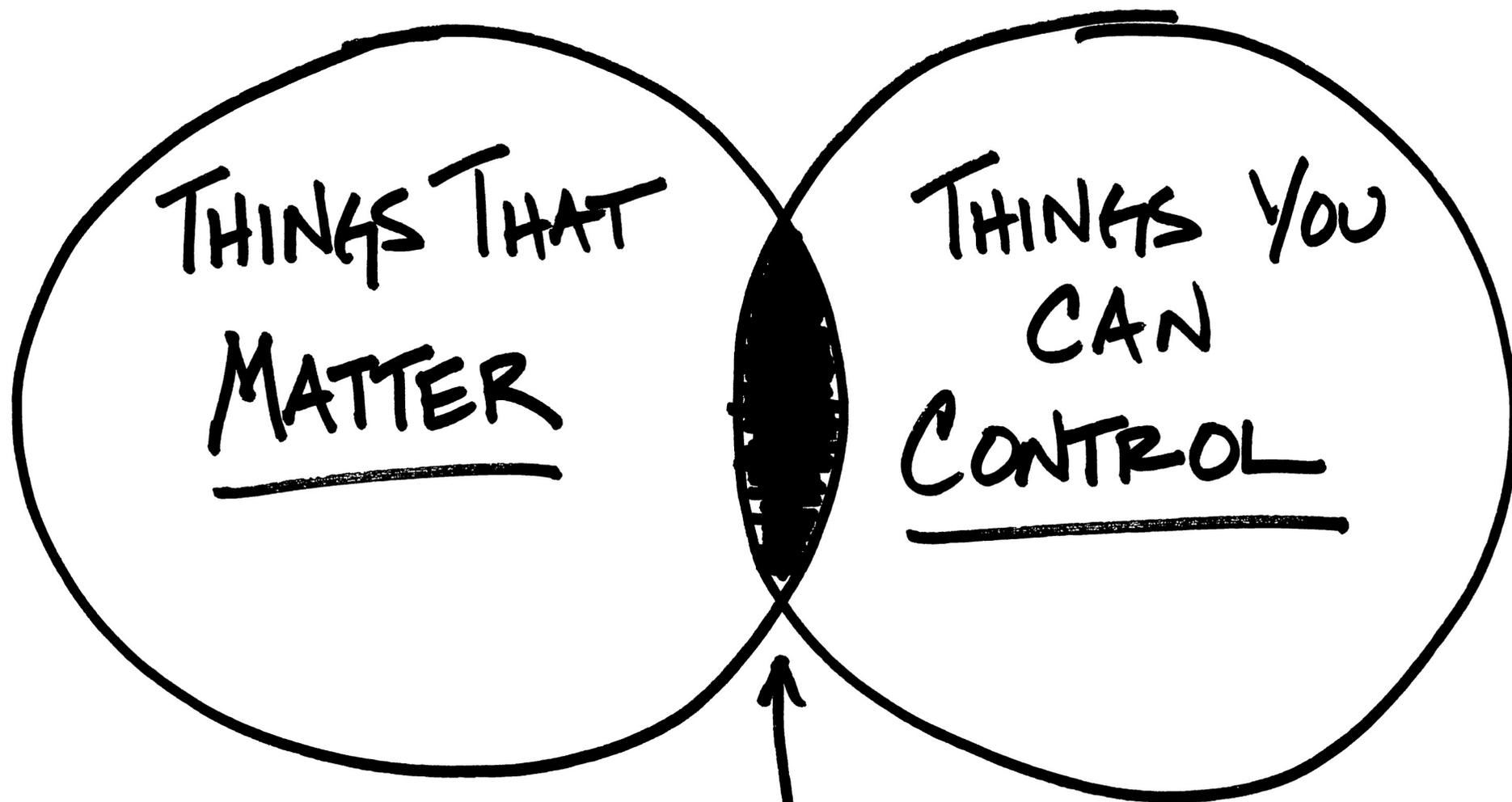
- Buddha

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Focus on what matters and let go of what doesn't.

- Unknown

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WHAT YOU SHOULD FOCUS ON

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BEHAVIOR GAP

you
are
amazing

REMEMBER THAT.

Feel good

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Just when the caterpillar thought its world was over,
it became a butterfly.

- Proverb

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It is the darkest nights that produce the brightest stars.

- John Green

Every situation in life has value and there is always something that we can learn from it. So instead of cursing a negative situation, try to focus on what it has to offer in terms of your personal growth.

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You can't stop the waves, but you can learn to swim.

- Jon Kabat Zinn

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The most beautiful things in the world, cannot be seen or touched, they
are felt with the heart.

- Antoine de Saint-Exupery (The little prince)

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Never give up and good luck will find you.

- Falcor (Never ending story - 1984)

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I can and i will.

- Watch me!

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- Today I choose joy.

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- You can do this!

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- Start each day with a positive thought.

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- Focus on the good.

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- There is always hope.

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- Take care of each other.

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- You're not alone.

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- Believe in yourself

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- Never give up

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- Stay strong!

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- I believe in us.

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IT IS

WHAT

IT IS

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SOCIAL DISTANSING

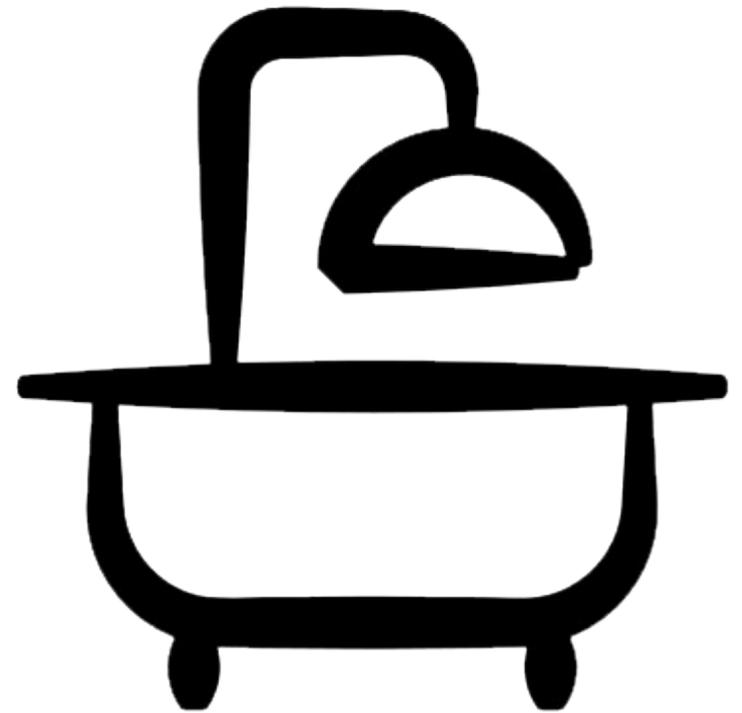
SOCIAL DISDANCEing



What to do?

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TAKE LONG, LONG BATHS



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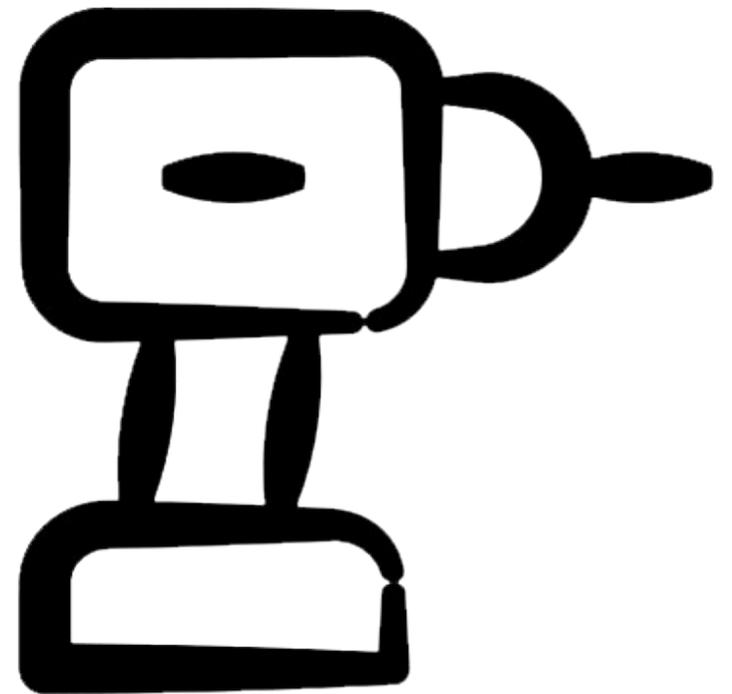
RIDE THE BIKE

... WITH ENOUGH DISTANCE OFCOURSE

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FINISH ALL JOBS IN AND AROUND THE HOUSE



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DO SOME YOGA OR MEDITATION



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DRINK YOUR MORNING COFFEE

... ALL DAY... WITHOUT ANY REGRET :)

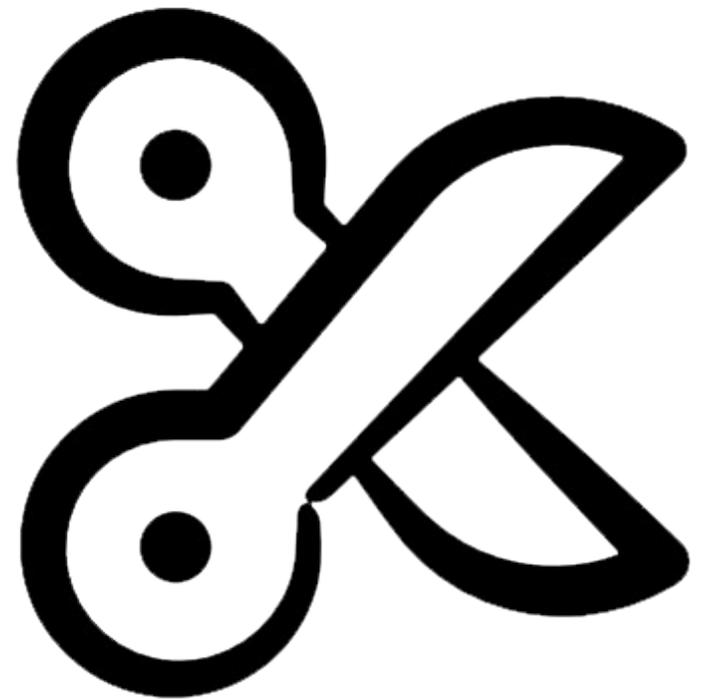


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DO SOME DIY CRAFTS

... DRAW MANDELA'S, MAKE YOUR OWN SCRAPBOOKS ETC

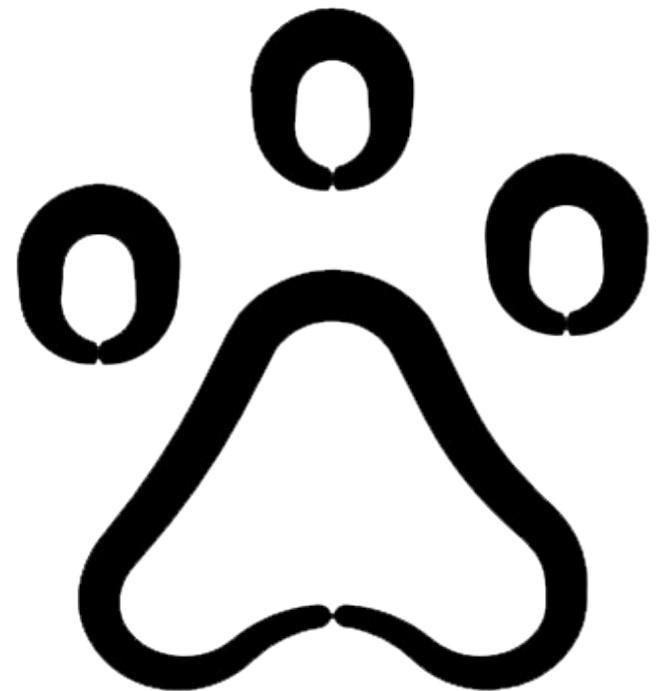
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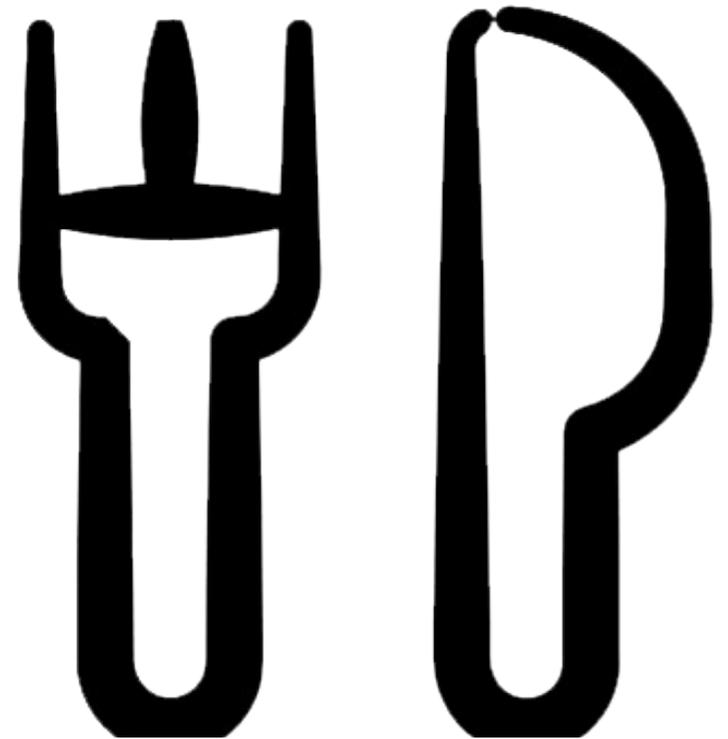
LET THE DOG OUT

... OR CREATE AN IMAGINARY PET

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EAT. EAT. EAT
... WHAT ELSE??



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START WITH YOUR FOREVER TO-DO-LIST



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PLAY A GAME WITH EACH OTHER

... WITH ENOUGH DISTANCE OFCOURSE



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...OR TRY SOME OLDSCHOOL PACMAN



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BUY A HAMMOCK, HANG IT IN YOUR GARDEN AND ENJOY!

... PLEASE BUY ONLINE. THANK YOU!

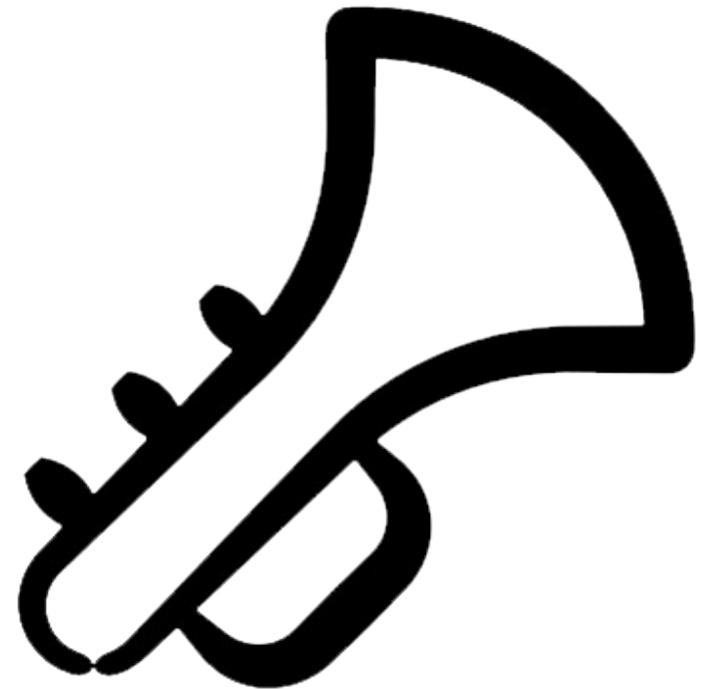


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LEARN TO PLAY AN INSTRUMENT

... PLEASE ALSO THINK ABOUT YOUR NEIGHBOURS

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LISTEN TO YOUR FAVORITE MUSIC

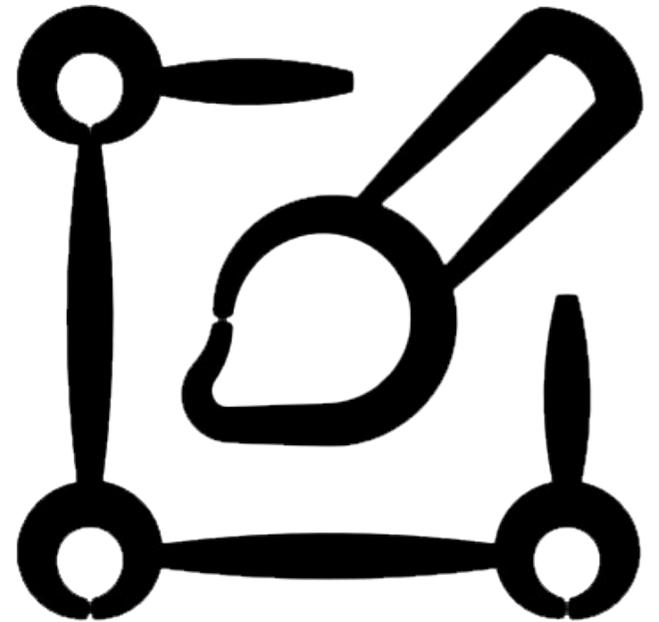
... DID YOU KNOW RESEARCH SHOWS THAT MUSIC CAN BOOST HAPPINESS AND REDUCE ANXIETY?



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CLEAN UP YOUR CLOSET, TAKE SOME OLD SHEETS AND START PAINTING

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GO THROUGH SOME OLD PICTURES

... MAKE PHOTOBOOKS OF THE LAST 100 YEARS, YOU WILL HAVE PLENTY OF TIME ANYWAY!

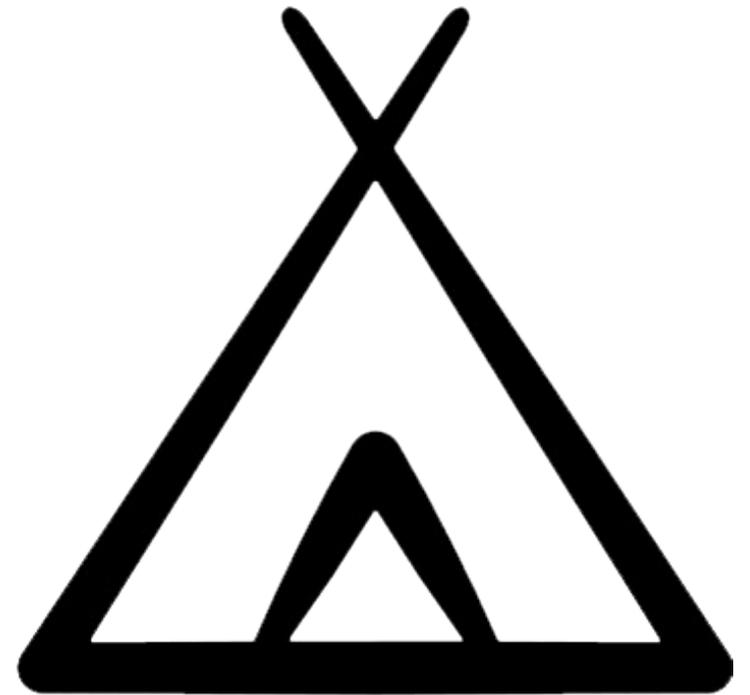


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PLAY INSIDE

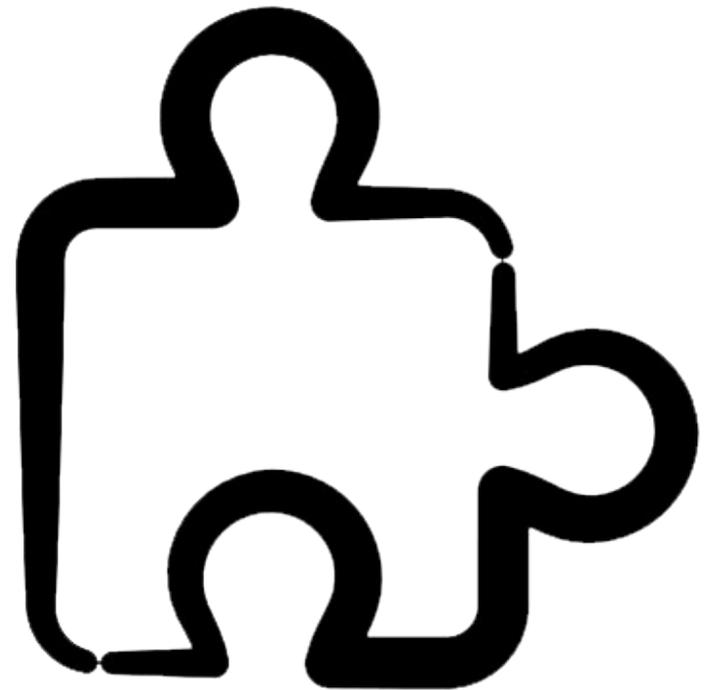
... USE AN OLD SHEET AND MAKE A TENT OF YOUR DINING TABLE

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MAKE A PUZZLE

... WITH A LOT OF PIECES SO IT WILL TAKE MORE TIME BEFORE IT'S READY

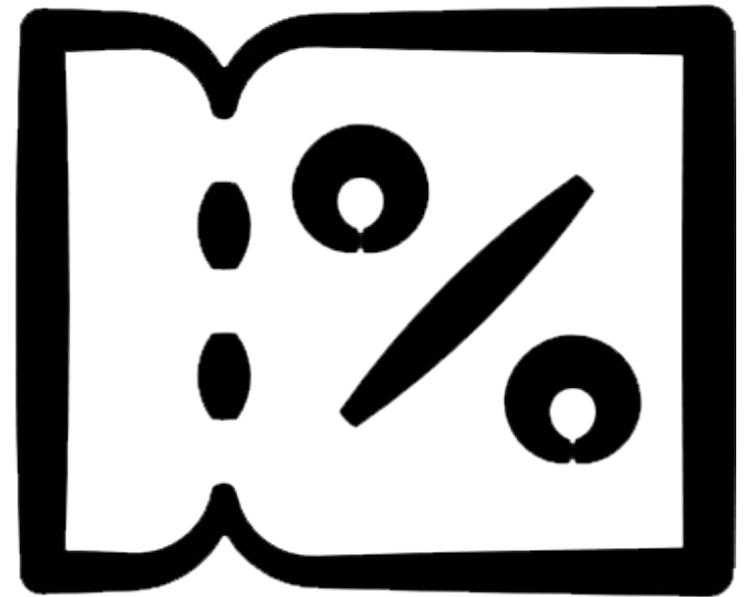


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SHOP ONLINE

... HELP SHOPKEEPERS TO SURVIVE

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DAYDREAM ABOUT YOUR NEXT TRAVEL DESTINATION

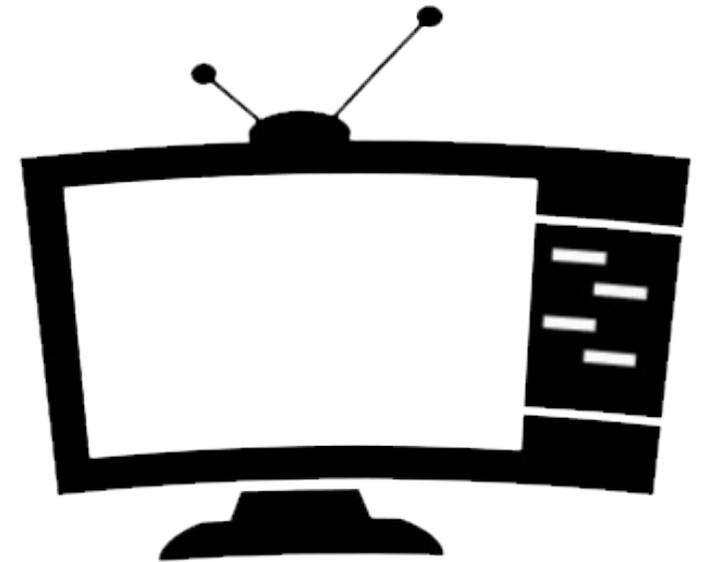
... IF YOU BOOKED ALREADY, POSTPONE OR BUY A VOUCHER TO KEEP HOTELS/RESTAURANTS OPEN

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WATCH TV

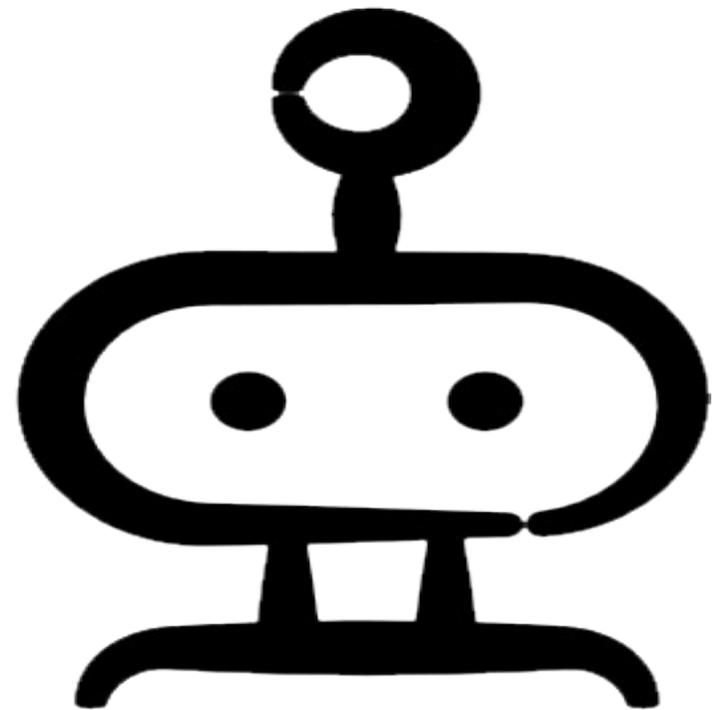
... OR THE SAME SERIE OVER AND OVER



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HAVE A DRESS-UP PARTY

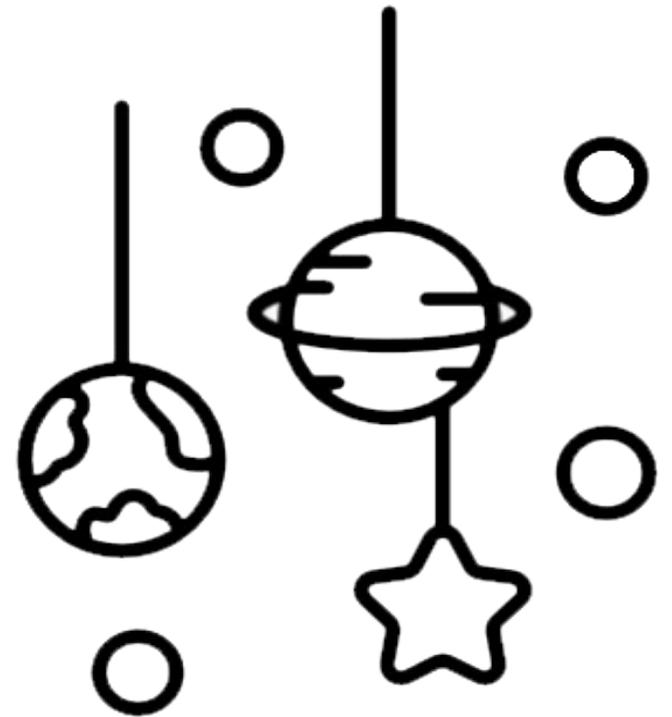
... OFCOURSE ONLY WITH YOUR CLOSEST FAMILY INSIDE THE HOUSE



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WATCH THE STARS & MOON

... NO MATTER HOW FAR AWAY WE ARE FROM EACH OTHER, WE WILL ALWAYS SEE THE SAME MOON



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DRINK A GLASS OF WINE
... OR A BOTTLE



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WORK FROM HOME IF POSSIBLE

... STAY SAFE



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MAKE A VIDEOCALL

... USE SKYPE, WHATSAPP, ZOOM, HOUSEPARTY AND KEEP IN TOUCH!

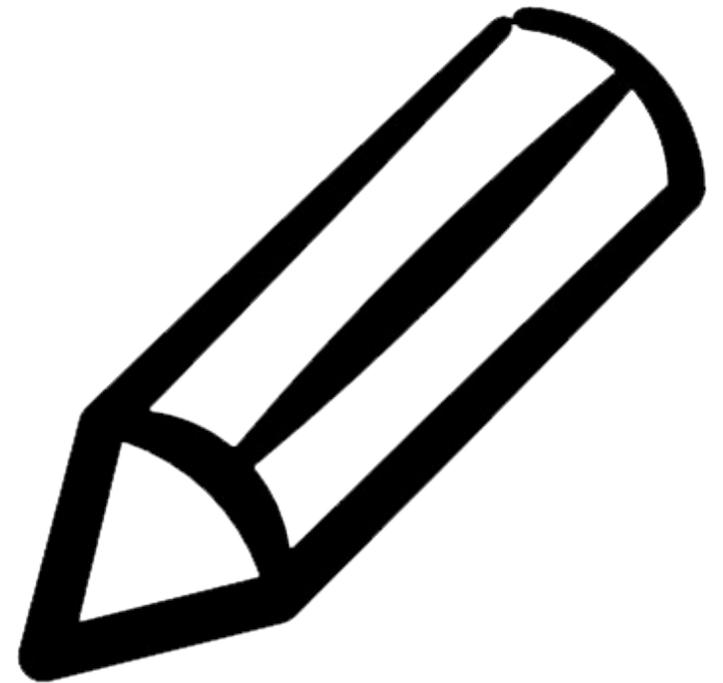


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WRITE

... A DIARY, POSITIVE THOUGHTS, A BOOK, ANYTHING

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MAKE MEMORIES

... EVEN IN THESE HARD TIMES



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DREAM

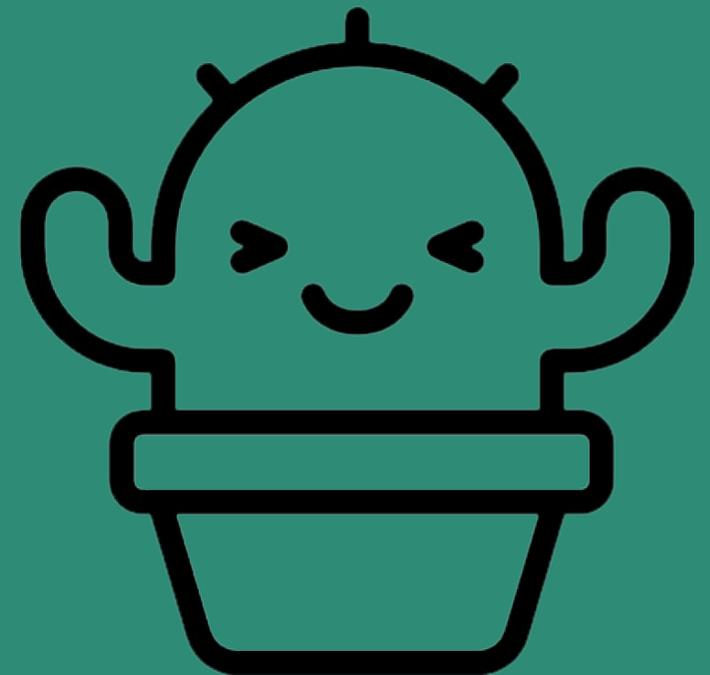
... MAKE PLANS FOR THE FUTURE



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YOU'VE GOT THIS!

... STAY STONG!!!!



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Your grandparents were
called to war.

You are being called to
sit on a couch.

You can do this!

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WE STAY 
AT WORK FOR YOU
YOU STAY 
AT HOME FOR US



We believe in you

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