

# TIP #111

## A Behind the Scenes "Focus on Facebook"

For this TIP, I thought it might be interesting to see some sample posts from really popular Inspirational Facebook sites, and to learn the stories and rationale behind a few sites in the wellness/personal development space. Their sites represent the positive message and creative posts that many sites in the wellness space share, and I listed some of my other favorites below after their showcasing a few of my favorites.

### INSPIRATIONAL SITES SAMPLER

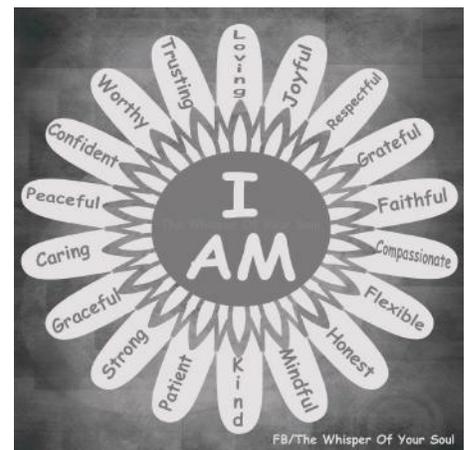
**Patricia Love**  
**Life's Cheerleader**  
**Washington**  
[facebook.com/LifesCheerleader](https://www.facebook.com/LifesCheerleader)

Why did I start my Page...Well I would have to say 60 plus years of living...!!! On the outside most would say I have had a charmed life...but little do most of them know...that I have been through Rape (cheating death) physical and mental abuse...sexual harassment, divorces, caring for an elderly mother, death of a sibling and the death of parents. Living high on the hog and drinking champagne on yachts, to searching for change in old purses for dinner...and those are just some of the highlights!! Yet somehow through every high and low...I found something within me to stay strong and to not allow people or life to bring me down...so in finding my inner cheerleader...I wanted to turn around and helps others find theirs...The response from my page has been incredible...the private messages that I get saying that I have helped my fans through major struggles and life's challenges....cheer my heart on....



**Karen Hackel**  
**The Whisper of Your Soul**  
**New Jersey**  
[facebook.com/thewhisperofyoursoul](https://www.facebook.com/thewhisperofyoursoul)

The Whisper of Your Soul Facebook page was started to promote the book of the same name. Fans of the page appreciate the inspirational and spiritual posts about living life to the fullest and always remembering to listen to their inner voices.



**Rebecca Terry Rahn**

**Never Give Up on Yourself**

**Kentucky**

**[facebook.com/pages/Never-Give-Up-on-Yourself](https://www.facebook.com/pages/Never-Give-Up-on-Yourself)**

“Who I am and why this page was started...”

I have been married twice; first husband chose to end our 7-year marriage abruptly. I was a lonely single mother for 10 years hoping to find someone to trust with my heart. I am sure there are plenty of others out there who know what I'm talking about. You lose trust and it's hard to trust again.

In 2005 I met and married my second husband. We were married 4-years and had a child together. He was affected by the sluggish economy, lost his job, couldn't pay the bills or find another job. He became deeply depressed and kept slipping downhill. Unfortunately, no one could have changed the outcome because we didn't know what was about to happen. My husband committed suicide on Oct. 22nd, 2009. That was the worst day of my life; all I can remember was driving up our long driveway and seeing police cars all around. That day I felt like I was living in a CSI show.

The hardest thing I had to do was bury my husband. It never seemed real. My heart broke when our 3-year old would cry for him. There isn't a day that goes by that I don't think of him. I have my good days and my bad days...

This page was started because of the pain and depression I suffered through. I hope the positive motivation posted here can help others...”

“Some personal messages of encouragement that means the world to me 'cause I never realized that I still need so much myself. I am not sure if you knew all this Judy but this page has really helped me as much as it was designed to help others.”

**Kathryn Yarborough**

**Flowing With Change**

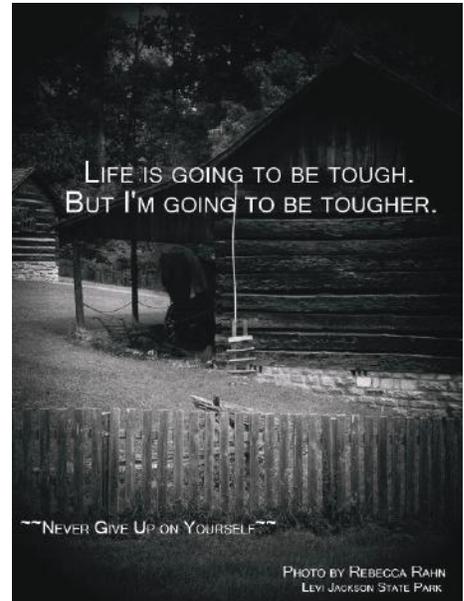
**Maryland**

**[facebook.com/FlowingWithChange](https://www.facebook.com/FlowingWithChange)**

“The social media I use the most is Facebook. On my Facebook business page, I meet new people; get to know them, and invite them to my website, and to join my e-list. To do this, I post article links to my website and information about my free e-book that they can get by joining my e-list.

I'm a certified dance/movement therapist and an integrative breathworker, my work has evolved over the years to include a focus on helping heart-based entrepreneurs do the work they're called to do via manifestation coaching.

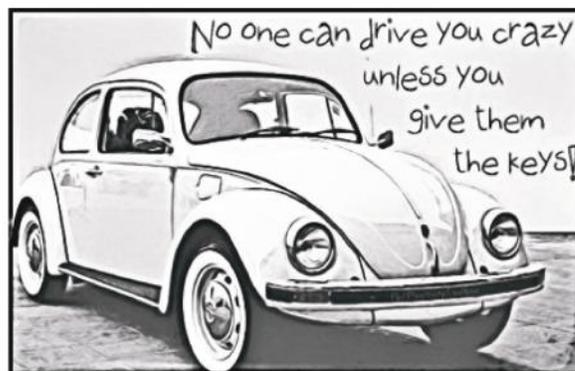
I started offering manifestation coaching in 2005. It's a kind of alternative business coaching. In early 2012, I created Flowing with Change - an online membership community that has two “circles.” The inner circle is made up of professional members - heart-based entrepreneurs who want to grow their businesses - and the outer circle includes anyone interested in personal growth and transformation. My intention, through my Facebook page is to attract people interested in personal growth to the teleconferences and other events we offer so that they can meet the Flowing with Change professional members and find out about their services. It's a win-win for everybody!”



**Fiona Childs**  
**The Positivity Toolbox**  
**North Carolina**

“Why Did I Create a Page All About Positivity Tools?—Because Positivity is powerful. It can change things!

Shortly into my career as an attorney I was blessed with my first baby girl and changed careers to work with my then-doctor-husband, operating a medical clinic. While I did find it difficult to work with people with health problems, just as I have found it difficult to work with people with legal problems, in my new work, I could let my creativity flow as I was in charge of just about everything, but the doctoring. I enjoyed that aspect of it and I was able to have a balance between mothering and working.



It was shortly after the birth of my second baby girl that my dear best friend was brutally murdered in her home one Fall night. During the weeks, months and years after she died I felt the world was turned upside down. Everything I thought was the truth seemed to no longer be; uncertainty and confusion ruled and my mind constantly raced with so many “why” questions. Michelle’s death and the awful nature of it filled my every thought.

The blessing for me personally is that during that time that I was able to reflect on my own life and see that I had not been living it in a way where I was true to my own values and beliefs. I wanted more. I wanted to feel happy—like the real kind of happy that I now refer to as “joy”—the kind that is there every day and that cannot be drowned by a bad situation. This self-reflection gave me the courage to end a marriage with a man I was not compatible with and so also began my journey into a new career.

Not too long ago, after four and a half years the trial began of Michelle’s killer, who was her husband at the time of her death. I sat in the trial each day over the course of almost a month. During this time I was brought to a place of utter sadness. Listening to witness after witness was agonizing. During the evenings, I sought respite in something positive to work on to take my mind away from the days. That is when the [Positivity Toolbox Facebook Page](#) was spawned.

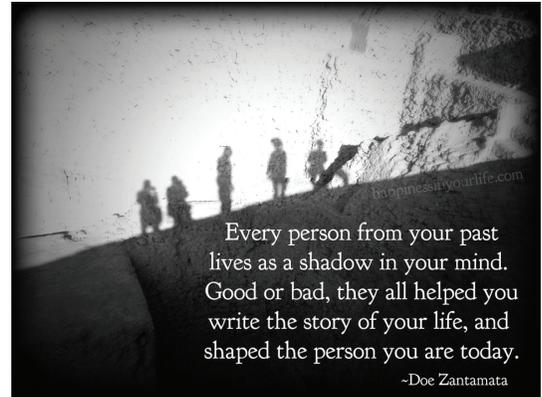
Having become a positive-minded woman after a long period of sadness after Michelle’s death, I felt I had much to contribute to a positive forum, such as Positivity Toolbox, and felt confident as the creator of such a place. I was overwhelmed (in a positive way) to watch the page grow so quickly; one night, by 1000 people! It kept me going during the time of the trial. It was my sanctuary and port in the storm. I never mentioned the trial on here (til now when I wrote this “About” section), but found immense encouragement during that time in the words of the fans who posted there. Little did they know the positive impact they were having on me and how they helped me get thru that difficult time? I truly hope that I am giving back to all the fans what they have given me!”

“I receive daily comments on my page about how much my page helps them. I also get personal messages through the page daily from people saying the same. This is so important to me and makes the page that much more special to know that I am making a contribution to other people’s lives.”

**Doe Zantamata**  
**Happiness In Your Life**  
**Florida**

**[facebook.com/Happinesinyourlife](https://www.facebook.com/Happinesinyourlife)**

In 2.5 years, Happiness in Your Life on Facebook grew to over 360,000 people who have found their way there for unique, daily inspiration. The goal of Happiness in Your Life is to be a catalyst for people to rethink limitations and become empowered to change any aspects of their lives that are preventing their happiness.



**Other Great Inspirational Sites on Facebook**

Peace of the Beach: [facebook.com/MariannesPeaceoftheBeach](https://www.facebook.com/MariannesPeaceoftheBeach)

The Dog Buddha: [facebook.com/TheDogBuddha](https://www.facebook.com/TheDogBuddha)

Bedeemped Brain: [facebook.com/BedeempedBrain](https://www.facebook.com/BedeempedBrain)

Be Yourself: [facebook.com/beyourself09](https://www.facebook.com/beyourself09)

Joy of Dad: [facebook.com/joyofdad](https://www.facebook.com/joyofdad)

Joy of Mom: [facebook.com/joyofmom](https://www.facebook.com/joyofmom)

Life Tastes Well: [facebook.com/lifetasteswell](https://www.facebook.com/lifetasteswell)

Living on the inside: [facebook.com/pages/Living-on-the-inside/263707323701283](https://www.facebook.com/pages/Living-on-the-inside/263707323701283)

Loving Them Quotes: [facebook.com/OldSchoolGranny](https://www.facebook.com/OldSchoolGranny)

McMotivator: [facebook.com/McMotivator](https://www.facebook.com/McMotivator)

My Favorite Quotes: [facebook.com/czeth0416](https://www.facebook.com/czeth0416)

Quotes & Thoughts: [facebook.com/quotedthoughts](https://www.facebook.com/quotedthoughts)

Quotes Mantra: [facebook.com/quotesmantras](https://www.facebook.com/quotesmantras)

Read, Love and Learn: [facebook.com/readloveandlearn](https://www.facebook.com/readloveandlearn)

Smiles and Rainbows: Positive Ways with Patricia Love: [facebook.com/positivewayswithpatricia](https://www.facebook.com/positivewayswithpatricia)

Sobriety House, Inc.: [facebook.com/SobrietyHouse](https://www.facebook.com/SobrietyHouse)

Soul On Fire: [facebook.com/pages/Soul-On-Fire/463798670300021](https://www.facebook.com/pages/Soul-On-Fire/463798670300021)

SUCCESS365: [facebook.com/URSUCCESS365](https://www.facebook.com/URSUCCESS365)

The Road to ME: [facebook.com/pages/The-road-to-ME/256051284513570](https://www.facebook.com/pages/The-road-to-ME/256051284513570)

Whisper of the Heart: [facebook.com/mywhisperoftheheart](https://www.facebook.com/mywhisperoftheheart)

You ARE Enough: [facebook.com/KnowYouAreEnough](https://www.facebook.com/KnowYouAreEnough)

Your Beautiful Life: [facebook.com/Yourbeautifulife](https://www.facebook.com/Yourbeautifulife)

