



100  
INSPIRATIONAL  
QUOTES FROM  
WOMEN DURING  
LOCKDOWN



To celebrate the legacy of Captain Sir Tom Moore, Gillian Jones-Williams, Managing Director of Emerge Development Consultancy decided to ask 100 women for motivational quotes on living life after Lockdown. She asked women as we run an empowering Women's Development Programme called RISE and many women had been talking about transitioning and how they would embrace the changes. Gillian posted the quotes on her Twitter page (@gjones8), LinkedIn and Facebook between 30th April and 3rd May. In the end there were 102 so a bonus!

She wanted to raise vital donations for the Healthcare Workers Foundation Families Fund through sales of her book. The fund provides support for the bereaved families of NHS workers who died through Covid-19

Gillian's book is titled 'Locked Down But Not Out' which is a diary of events that happened during the first part of lockdown and one woman's struggle to save her business and also her own sanity.

The book covers monumental moments throughout the pandemic in the UK such as: the clapping at our doorways in support of the NHS, Captain Sir Tom Moore completing his 100 garden laps and Gillian's perception of the daily news bulletins, Government announcements and even her love-hate relationship with Piers Morgan!

100% of the proceeds of the book go to the charity so if you enjoyed the quotes please buy the book. You can purchase here;

<https://amzn.to/2ZjO2pW>





[@DAISARELLABLOGS](#)

PUBLIC RELATIONS SPECIALIST, DAISY CRAYDON PR

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1. "Lockdown has been extremely difficult and very lonely for many of us. Post lockdown, I plan to LIVE life to the full - whether that's a large gin in bed at 7am or booking a last minute holiday to the Maldives."

[@GJONES8](#)

GILLIAN JONES-WILLIAMS MD EMERGE DEVELOPMENT/AUTHOR OF 'LOCKED DOWN BUT NOT OUT'

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2. "Live each day mindfully, take nothing and no-one for granted, find the joy in every situation, treasure your time with loved ones and book regular pedicures!"

[@LINDAHILL50](#)

LINDA HILL MULTI AWARD WINNING BOOK BLOGGER

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3. "You're stronger than you know, but it isn't weakness to ask for help."

[@LILACROOTS](#)

ELEANOR WANLESS FOUNDER MINDFUL ROOTS TEA

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4. "You are complete, just as you are"

[@CIARA\\_EARLES](#)

CIARA EARLES, MANAGEMENT CONSULTANT

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5. "Beauty is the vibe you give out when you are unapologetically yourself. Get comfortable with being you and watch yourself glow."

[@THEMATHSMUM](#)

KAREN MCGUIGAN ACTING HEADTEACHER

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6. "It's a marathon, not a sprint" Phillip C McGraw

LEILA AR OWNER AT LILAC TREE MAKES

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7. "What is for you, won't go by you" Anon

@BRITISHCRAFTING  
SUSAN BONNER OWNER THE BRITISH CRAFT HOUSE

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8. "Say yes to every opportunity then work out the details afterwards. Just crack on and do it!"

@MILSPONETWORK  
JESS SANDS THE MILSPO BUSINESS NETWORK

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9. "A rising tide lifts all boats" John F Kennedy

10. *"It doesn't cost anything to be kind!"*

AARTI PARMAR-PANDYA BRAND  
DESIGNER

13. *"Always add 'yet' to 'I can't do it - YET'"*

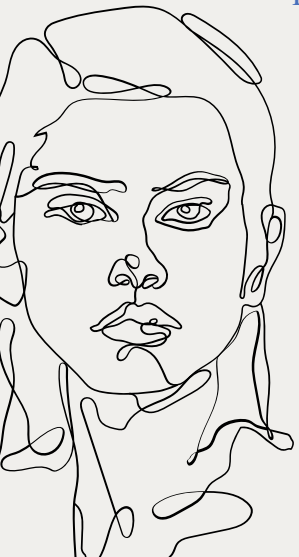
@YOGAWITHVICKIB  
VICKI BAUMANN YOGA TEACHER

11. *"I am not here to be average, I am here to be awesome!"*

@BEEUTIFULBEES  
CARLY HOOPER BEE KEEPER MAKING 100% NATURAL SKINCARE

12. *"When it rains, look for rainbows, when it is dark, look for stars." Oscar Wilde*

@MRS\_C\_COATES  
CAROLINE COATES FINANCE, PEOPLE & CULTURE DIRECTOR THE WOOSAA CHICKEN Co.



14. "If you stand still you give them the power to push you down. If you keep walking, they have to follow you." -Princess Reema bint Bandar Al Saud

PAMELA LEWIS EXECUTIVE COACH

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16. "The universe will always say yes to you but you have to say yes to yourself first."

@SURLENDERP  
SURLENDER PENDRESS CO-FOUNDER/PRODUCER AT LOVE WRITING COMPANY

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17. "I'd like to have money. And I'd like to be a good writer. These two can come together and I hope they will but if that is too adorable, I'd rather have money."

@TEATROWRITER  
LYNN TEATRO OWNER-OPERATOR AT TEATRO

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19. "Life is a dance. All you need to do is find your rhythm"

@SANDRA COOZE  
SANDRA COOZE CERTIFIED COACH/AUTHOR/SPIRITUAL ENTREPRENEUR

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21. "Being a writer is just a mindset. So go forth and write!"

@LEEANNMINTON  
BRITTANY GREGORY CONVERSION COPYWRITER AT LEEANN MINTON VIRTUAL ASSISTANCE

15. *"Throw out the lounge sets - get dressed and feel a million dollars again. The world is your catwalk!"*

@SOUSTERANDHICKS  
NATALIE SOUSTER, MARKETING DIRECTOR AT SOUSTER & HICKS

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18. *"Sometimes you just need to look at things differently - turn a gingerbread man upside down and you get a reindeer!"*

@\_NJWEBSTER  
NICOLA WEBSTER BUSINESS CONSULTANT

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20. *"It always works out in the end, if you trust the process."*

@ANOTHERDOOR  
ELEANOR TWEDDELL OWNER ANOTHER DOOR





22. "You can't see it at the time but everything works out for a reason"

@JOTOCHER  
JO TOCHER OWNER JOY HOLISTICS

23. "Instead of saying, 'I can't do that', change it to 'How can I do that?' This simple change in your language will change your life!"

@12WEEKSTOWOWAPP  
SUE PECKHAM DIRECTOR - HAMPSHIRE HYPNOTHERAPY AND COUNSELLING CENTRE LTD

24. "The past 12 months has taught us patience, gratitude and humility. Many have had to overcome great sacrifice and pain but there is now hope for a future filled with promise for everyone."

@SYLVIATIDYHARRIS  
SYLVIA TIDY HARRIS, EXCLUSIVE TALENT MANAGEMENT

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25. *"Be powerful and outspoken. It's loud out there so make sure your voice is heard. You will thank yourself later."*

@KOPYKATUK  
KATE LLOYD, MARKETING AND COMMUNICATIONS SPECIALIST

27. *"We are not saving lives, just making pizzas - keep perspective!"*

@MAURIZIODINING  
SWEET GILL D'APOLLONIO CO-FOUNDER MAURIZIO  
DINING & CO

26. *"This past year has taught me to grow through what you go through!"*

REBECCA BUSH TALENT AND DEVELOPMENT CO-  
ORDINATOR SGN

@ANOTHERDOOR  
ELEANOR TWEDDELL OWNER ANOTHER DOOR

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28. "It probably doesn't matter!"

@MINDFULROOTSTEAM  
ELEANOR WANLESS FOUNDER MINDFUL ROOTS TEA

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30. "If at first you don't succeed Chai, Chai and Chai again!"

ANTHEA ELLIS HR DIRECTOR

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31. "The one thing I learned this year, no matter where we are in the world we are always there for each other"

LAURA WELDER - OWNER LAURA WELDER LIFE COACHING

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33. "When it comes to gifting kindness the opportunities are unlimited and can be life changing for the recipient. Let's all be kindness activists and start a revolution"

@KACHEGAU  
GAURI KACHERIKAR WOMEN'S COACH

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35. "When you talk you are only repeating what you know. But if you listen you may learn something new" - Dalai Lama

@FORDIHAM  
JANE FORDHAM - FOUNDER JANE FORDHAM CONSULTING

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37. "Remember those habits that kept you healthy and happy during lockdown - hang onto them as 'non-negotiables' as we move onwards and upwards." I'll be ensuring there's some nature and fresh air inserted into my everyday life.

29. *"Nothing magnificent and extraordinary happens in your comfort zone. You need to be brave and take a step outside to get to your true potential!"*

@COACHJENBILGER  
JEN BILGER COACH

32. *"Life either happens to me or for me, it's my choice"-  
Unknown*

FIONA BARR COACH

34. *"Have an Open Mind and Peaceful Energy - H.O.P.E."*

@SONIABELDOM  
SONIA BELDOM - WOMAN OF MANY TALENTS  
(INCLUDING DRIVING BIG RED BUSES)

36. *"When you reach the top of the mountain - throw down a rope and help someone else up"*

DEBBIE GILBERT OWNER VIVA BUSINESS NETWORKING





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[@CALLYBEATON](#)

CALLY BEATON SPEAKER, COMEDIAN, BROADCASTER, WRITER, PODCASTER

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38. "For some people the world's already opening up. For some, it will take a while longer. Comedy's taken a bruising but we're beaten, not defeated. I am Beaton, not defeated!"

[@HAMMOND\\_123](#)

MICHELE HAMMOND MARKETING DIRECTOR/BOARDROOM ADVISOR

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39. "Empower and mentor fellow women in the workplace"

[@BECOMINGTODAY](#)

ROCHELLE JEANETTE OWNER BECOMING TODAY

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40. "What I'm talking about is much closer aligned with Becoming as a noun. The process of coming to be something and of passing into a state. Coming to be, always "Becoming", growing, developing and shifting into an attitude and daily practice of always becoming."

AUSTIN RENEE DIGITAL COURSE CREATOR AND BUSINESS COACH

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41. "As a woman, it's important to recognise if we're staying in pain to avoid pain."

[@ANNAWILKCOM](#)

ANNA WILK MENTOR AND MATERNITY SUPPORT

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42. "Life is not a dress rehearsal. Give it all you got." I am always for living to the fullest with no regrets."

[@IAMJENNASH](#)

JENNIFER FAITH NASH TALK SHOW HOST, PR, PUBLICIST

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43. "Global challenges like pandemics are the greatest equalisers that help us to level the playing field to fight with Uncommon Visions for common goals."



@ELLAMINTY

ELLA MINTY, VP COMMUNICATION AND STRATEGIC ALLIANCES, CIRCKLO

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44. "If you shout loud enough, someone will hear you; if you say it clearly enough, someone will listen"

@VENDULA\_AA

VENDULA AUTHENTICA AUTHENTIC ACHIEVERS

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45. "Love yourself first, because that's who you'll be spending the rest of your life with." - Unknown

DIONNE GREAVES THE MOMPREENEUR CEO. COACH AND MENTOR

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46. "Change your narrative and you will live your best life."

48. *"Release the past. Plan for the future. Learn to enjoy your abundant 'now' moment. Stay blessed, stay inspired, always stay in action!"*

@ROSEINSPIRES

ROSE MADISON JENKINS MINDSET COACH AND  
MOTIVATIONAL SPEAKER

47. *"Never take a second for granted, keep those you love close to you, take time to nurture relationships/friendships, reach out if you are struggling and above all live life for you and no one else."*

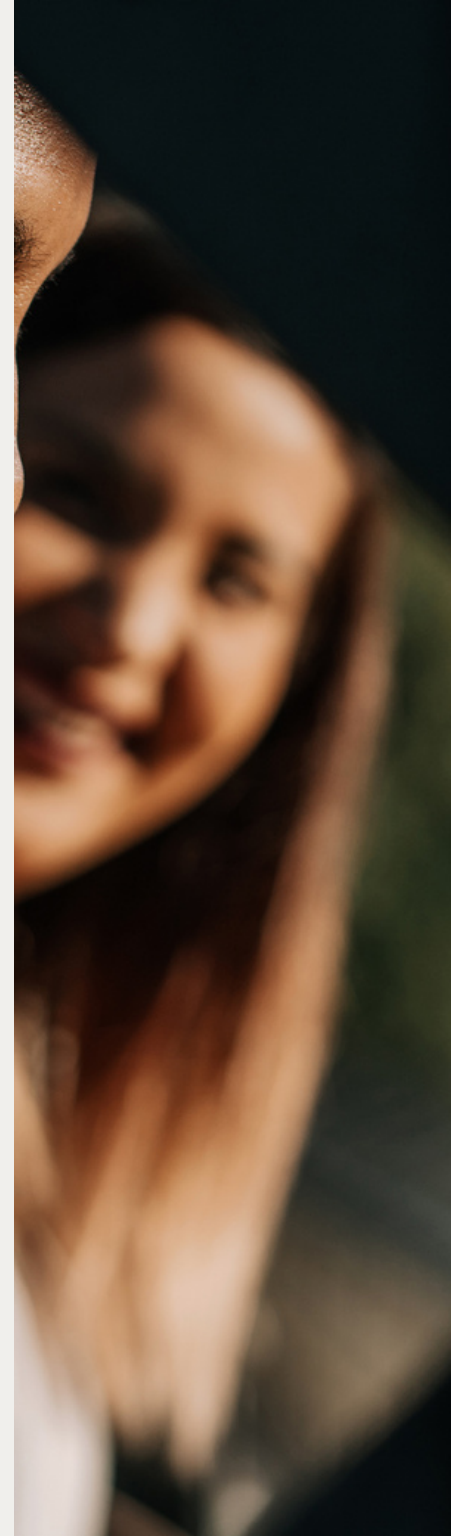
@OLIVIA\_PIDGEON

OLIVIA PIDGEON LIVWELL PT

49. *"Keep perspective, don't take your freedom for granted and never say 'no' to wine."*

@DENEWSO

DAWN NEWSO CLIENT SERVICES MANAGER



50. "You don't have to be a UN Ambassador, your only contribution to life is simply to be 'YOU'. You could purely be that beautiful soul whose smile brightens the world of anyone you encounter and of course you can be the soul making positive waves on an international scale, but please remember each one is equally important to the world."

[@JACKIEBIZCOACH](#)

JACQUELINE RHULE BUSINESS COACH BUSINESS COACHING WITH HEART & SOUL

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51. "Throughout our time of relative social isolation, we have learnt the importance of self-care and to respect the personal space and feelings of others. Let us not forget these lessons – they have and will continue to be valuable to us all."

[GEMMA BOX FINANCE MANAGER EMERGE](#)

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52 "Respect your past decisions even if you would not make the same ones today, and remember it's kind to let people be kind to you"

[LARA KHALAF SOULFUL FEMININE LEADERSHIP](#)

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53. "The risk of the privileged is to be blind....no more will our eyes be closed."

[@DRAMYZYCKY](#)

DR AMY IZYCKY CLINICAL PSYCHOLOGIST

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54. "Overcome the fear of the scary new world and appreciate the simple things you used to take for granted."

[@JENNYPARSONS78](#)

JENNY PARSONS

55. *"Self worth is a lifestyle not a luxury, stand up, shine bright and know your worth."*

[@ENKINDLELIFECO1](#)

NICOLA ARNOLD FOUNDER, CEO AT ENKINDLE LIFE COACHING

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56. *"I have always loved butterflies as they remind us it's never too late to transform."* Drew Barrymore

[@LIFES\\_A\\_GEM\\_X](#)

GEMMA STOREY BRAND ALCHEMIST AT INFINITY CREATIVE

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57. *"It's been one hell of a storm but we have surfed the waves together. Showing love, kindness and support to each other is what has seen us through."*

[@SHADESCOACHING](#)

SARAH BOURNE CREATOR BANANA BRAINS





58. "Be uncomfortable in your comfort zone – that's where the magic happens!"

SUZIE PAYNE IMAGE CONSULTANT

59. "It's all about reflecting and reflections... As above so below, as within so without. The way I see it, life is all about focus, perspective, and our ultimate freedom, choice."

@MEL\_CARNEGIE

MEL PLEDGER, FOUNDER OF DNA LIGHT UP

60. "Working as a COVID-19 editor has been a matter of personal and professional pride. I will continue to support clinicians in this vital area of healthcare, but I also look forward to restoring my work life balance!"

ANNETTE WHIBLEY COVID 19 EDITOR

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62. *"If you question your strength, look behind you at the strength needed to get to where you are now, then turn around and apply the same strength to enable you to move forwards"*

ROS THOMPSON OWNER AND FOUNDER AT ASPEN CREST

64. *"Nothing can be healed if you don't allow yourself to feel"*

@KARIANNROBERTSI

KARI ROBERTS COACH AT KARI ANN ROBERTS

61. *"Do it anyway, because they will judge you either way!"*

@ETERNALLYCHERI

ERIN PARNELL OWNER ETERNALLY CHERISED

63. *"I am not your guru, you are."*

@22MDNGHT

ANNALIESE JAMES RYAN

@ANOTHERDOOR

ELEANOR TWEDDELL OWNER ANOTHER DOOR

65. "Every time you think you can't do it, that it is too hard and you aren't strong enough....take a moment to realise how strong you really are and how far you have come. So pop your crown on, lift your head up high and realise you are a queen."

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@TEAISFORTAMMI

TAMMI HEALS BRANDING AND MARKETING

66. "You can't be everyone's cup of tea or you'd be a mug"

@VIENESSCIC

VIE PORTLAND HUMAN EMPOWERER AUTHOR

67. "If we are kinder to, and more accepting of, ourselves, we'll be kinder to, and more accepting of, others."

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ELLY JETTSON TRAINING SPECIALIST

68. "Creating magic for another person is the most fulfilling activity in life – who can you delight today?"

SARAH MARSH, COUNSELLOR

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69. "Put on your brightest lipstick, wear your funkiest shoes, slip on your most audacious attitude and get out there and shine!"

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LISA LEVINE REGIONAL SALES DIRECTOR

70. "It's been a tough year but that builds resilience & appreciation for simple things."

71. *"You are the author of your own life story - make it a good one."* Unknown

NICOLA ARNOLD FOUNDER, CED ENKINDLE LIFE COACHING

72. *"There are no shortcuts to success. Success is about hard work, making sacrifices and being resilient. To be an entrepreneur is about taking risks and remaining focused to realize your dreams and ambitions, despite the obstacles you may be faced. "*

@SEEWOOFOODS

EMILY TSE CEO OF SEEWOO FOODS

73. *"If your compassion does not include yourself, it is incomplete"*  
– Buddha

HAYLEY THOMAS MIAZA SPORTS  
MASSAGE/HEALING/TEACHING

74. *"Every time you hear "you can't", shout loudly inside "I can and I will" ...."*

LIZZIE DUNNE COACH



81. *"As we emerge from what has been a forced period of isolation and reflection, consciously decide to make up for things that bring you joy - get your nails done, book that massage, eat out, have drinks with friends and when you meet with those you love and have missed, hug them tighter and longer than you would normally and then a bit longer still."*

@JENNYELDREDI  
JENNY ELDRED INSURANCE LEAD FSCS

82. *"Don't put off today until tomorrow. Take those steps now - believe in yourself whatever age you are!"*

JANE WELLER OWNER CLEAR  
EXPRESSION FACE COVERINGS

@WTSANG\_  
WING TSANG (ACIM) AWARD WINNING BLOGGER

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75. "Take time to do things that make you happy." I used to call my late grandmother during my lunch hour at work, and she always asked whether I was 'happy' and whether I have eaten - in our culture, our elders show love by making us food, so whenever I try new things or take on a new role, I ask myself 'will this make me happy?'"

@DEBRACOREYREBEL  
DEBRA COREY BEST SELLING AUTHOR, SPEAKER, CONSULTANT

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76. "Open the door to possibilities even if it slams you in the face, moving forward to your next door and to your next opportunity to create a bit of magic."

BELINDA JANE SAMPSON OWNER BELLA CRAFTS

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77. "Keep going...whether that be getting started, growing slowly, giving small, or gloriously glowing. Any form of going will get you there!"

CAROLANN DENNE OPERATIONS MANAGER KFC

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78. "Work Hard, Be Honest, Have Heart". Never more has there been a time to reflect on who we are and how we pull together to get the country back on track whether that be the economy, reconnecting with friends and family or how we do what we do!"

@FEENEYFRAN  
FRAN FEENEY DIRECTOR OF L AND D IHG

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79. "Be patient. Be Kind. Be Yourself."

JENNIFER CORCORAN CORPORATE LINKEDIN TRAINER

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80. "Without the rain there is no flowers - time to start blooming. No pressure, no diamonds. Time to shine."

@HEROESHAMPERS

VICTORIA HANSON, CHIEF EXECUTIVE OFFICER - HAMPERS FOR HEROES

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83. "This year our NHS have all been heroes; showing such bravery and sacrifice. I've come to realise that heroes are in fact everywhere, we just didn't see them before. Let's keep the rainbow alive #thankyouheroes"

@TAMMYBANKSY

TAMMY BANKS CO-FOUNDER AND DIRECTOR OF TAYE TRAINING

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84. "If you have done everything you can within the constraints of your role, it's enough. You are enough."

@MAXIETOCCO

MAXINE TOCCO, PERSONAL AND BUSINESS SUPPORT ASSISTANT AT BT PENSION SCHEME MANAGEMENT

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85. "Always light up the room when you enter, not when you leave!"

87. "Don't let the tail wag the dog!"

@ON\_THE\_SPOT-TEE

TERESA ROGERS DIRECTOR AT NOW ACCOUNTING SERVICES

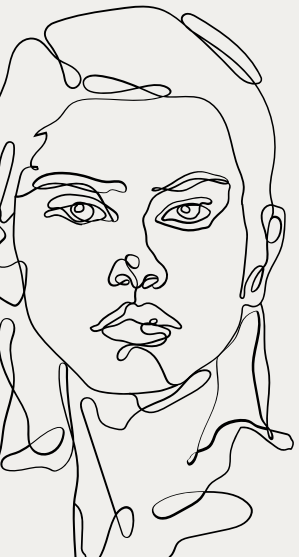
86. "Our family of four would be just one without the NHS. I owe them so much. No words can truly convey my gratitude."

@MARTHAMAKEUPARTIST

MARTHA BUTTERWORTH, MAKEUP ARTIST

88. "Never be afraid to say sorry!"

SHELAGH MOORE AUTHOR OF CHILDREN'S STORIES AND EDUCATIONAL RESOURCES



89. "But stand proud, stand tall, look around, you've done the impossible and here's to you. You've found yourself and it's about time Just Jinger. These are song lyrics. Could we change to....If you look around, stand tall and proud you will realise you have done the impossible, so here's to you. How wonderful you have found yourself.

And it is about time!"

[@LLAMA\\_STARRY](#)  
CLAUDIA BEARD FOUNDER STARRY LLAMA

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90. "It's better to regret the things you do than the things you don't."

[@QUIET\\_THE\\_HIVE](#)  
JANE GALLOWAY MOTIVATIONAL SPEAKER QUIET THE HIVE

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91. "Positive action leads to positive change."

[@TALBOTJONESLTD](#)  
CLARE TALBOT-JONES DIRECTOR TALBOT JONES LTD COMMERCIAL  
INSURANCE BROKER

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92. "Just put one foot in front of the other - one by one, this is a marathon, not a sprint!"

HELEN ROBINSON HR PROFESSIONAL

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93. "Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticise, wait. Before you pray, forgive. Before you quit, try."

[@RARING2GOBEDFORD](#)  
TELIE BARTENS, EDITOR AT RARING2GO! BEFORDSHIRE



94. *"Patience, empathy and gratitude are 3 values I will be holding dear as we slowly ease out of lockdown."*

[@MARYRAHMAN](#)  
MARY RAHMAN, FREELANCE PR

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95. *"Mankind is resilient and womankind is even more resilient. We will take the best and the worst of the last troubling year and build a future brighter than the past. Never underestimate determined women."*

[@PRESSPLUGS](#)  
TRACY NOLAN, FOUNDER PRESSPLUGS

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96. *"Discover and serve what makes you special. You are more beautiful, resilient and talented than you realise and the world needs you now more than ever."*

[@CAREERALCHEMIST](#)  
CAROLYN PARRY, CAREER AND LIFE COACH

97. *"Lockdown has made me appreciate my friends and family so much more, which I'm thankful for. It's going to be amazing to be reunited with them after such a long time - drinks up!"*

@JODIROACH23

JODI ROACH, LOYALTY & DIGITAL TEAM MANAGER, COSTA

98. *"Children love to move around whilst learning! This, with the recent research in neuroscience tells us that supporting children to learn through their multiple intelligences and with a more kinaesthetic approach has many benefits."*

@DANCEEQUATION

REBECCA HART, FOUNDER OF DANCING DIGITS

99. *"To make your dreams come true you simply have to believe they can!"*

@CAUDAEQUINACESA

CLAIRE THORNER, FOUNDER OF CAUDA EQUINA CHAMPIONS CHARITY

100. *"We need to be mindful of the way we think of ourselves, it's a conversation with the Universe. Let's encourage one another to wake up every morning reminding ourselves we are worthy of love and happiness. Because every single one of us are."*

SOPHIE HORNER, YOUTH SPECIALIST

101. *"There is opportunity in everything - now is the time to rise up, to contribute to our future: let's connect, create & design it together!"*

@TRANSFORM4VALUE

SUZIE LEWIS, MANAGING DIRECTOR

102. *"Where you came from does not need to be where you are going, you have the power to change your story"*

@LYNSEYGALLEYAC

LYNSEY GALLEY, FRANCHISE LEADER





THE EMPOWERED WOMEN'S  
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