Date :  23-02-2024

Positivity tips

version: 1.0.0

# **Overview:**

Provides daily motivational, wellness, and inspirational quotes and tips for mental and physical well-being.

Use this api to obtain the follow data:

* random inspirational / positive quote to be integrated however you want.

-random daily wellness tip to improve and/or maintain yourself both physically and mentally.

-random affirmation to empower any user who reads it.

# **Getting Started:**

**A. Prerequisites:**

* Volt Foundry

**B. Importing the adapter:**

**To import the Data Adapter to Volt Foundry, do the following:**

1. Sign in to the  [HCL Foundry](https://manage.hclvoltmx.com/).
2. From the left navigation menu, select **API Management**.
3. In **API Management**, select **Custom Data Adapters**.

A screenshot of a computer

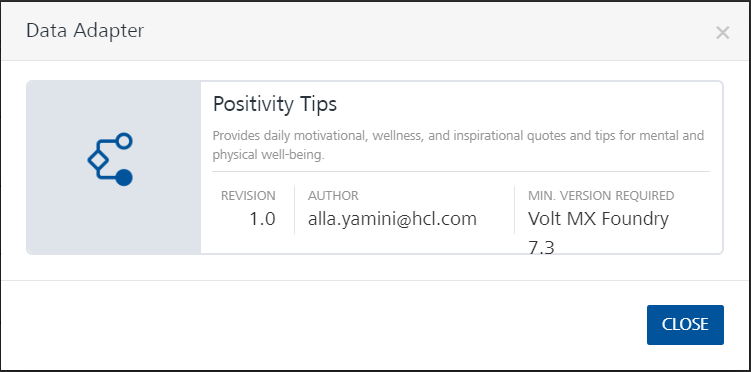
Description automatically generated

1. Click **IMPORT** to import a custom data adapter.  
     
   A blue and white box with text

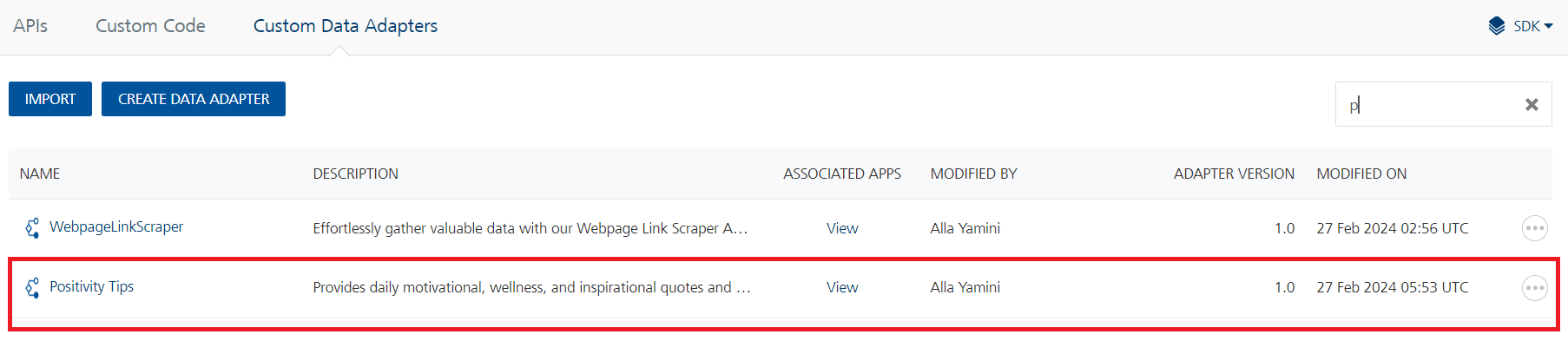
   Description automatically generated
2. On the Import Data Adapter dialog box, click browser to import.  
     
   A screen shot of a computer

   Description automatically generated
3. Select Positivity Tips zip file and click **IMPORT**.

After you import the data adapter, Volt Foundry opens a window that shows the metadata of the data adapter.



After you import the data adapter, you can view it on the Custom Data Adapters page and use it to create services on Volt Foundry.



### **[Creating an Integration service](javascript:void(0);)**

After you import the data adapter into Volt Foundry, you can use it to create an Integration Service.

Follow the given steps to create an Integration service using the Positivity Tips Adapter:

1. Sign in to the [HCL Foundry](https://manage.hclvoltmx.com/).
2. From the left navigation menu, select **API Management**.
3. In **API Management**, select **Integration**.

A screenshot of a computer

Description automatically generated

1. To create a new service, click the **+** button or the **CONFIGURE NEW** button.

A screenshot of a computer

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1. On the Service Definition tab, select the service type as Positivity Tips and click **SAVE**.  
     
   A screenshot of a computer

   Description automatically generated

Alternatively, you can also create a Foundry app and create an Integration service inside it.

[Open](javascript:void(0);)**D.** [**Creating and Executing operations**](javascript:void(0);)

After you create an integration service, you can create and execute operations using the service.

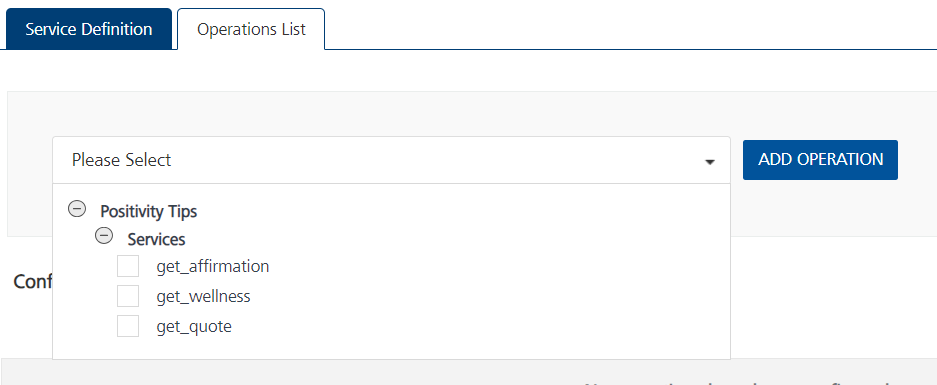
#### Creating an Operation

* In **API Management/Foundry app you created**, in the **Integration** section, select the service that you created.
* After you select the service, navigate to the **Operation List** tab.

A screenshot of a computer

Description automatically generated

* From the drop-down list, select an operation that you want to execute, and click **ADD OPERATION**.



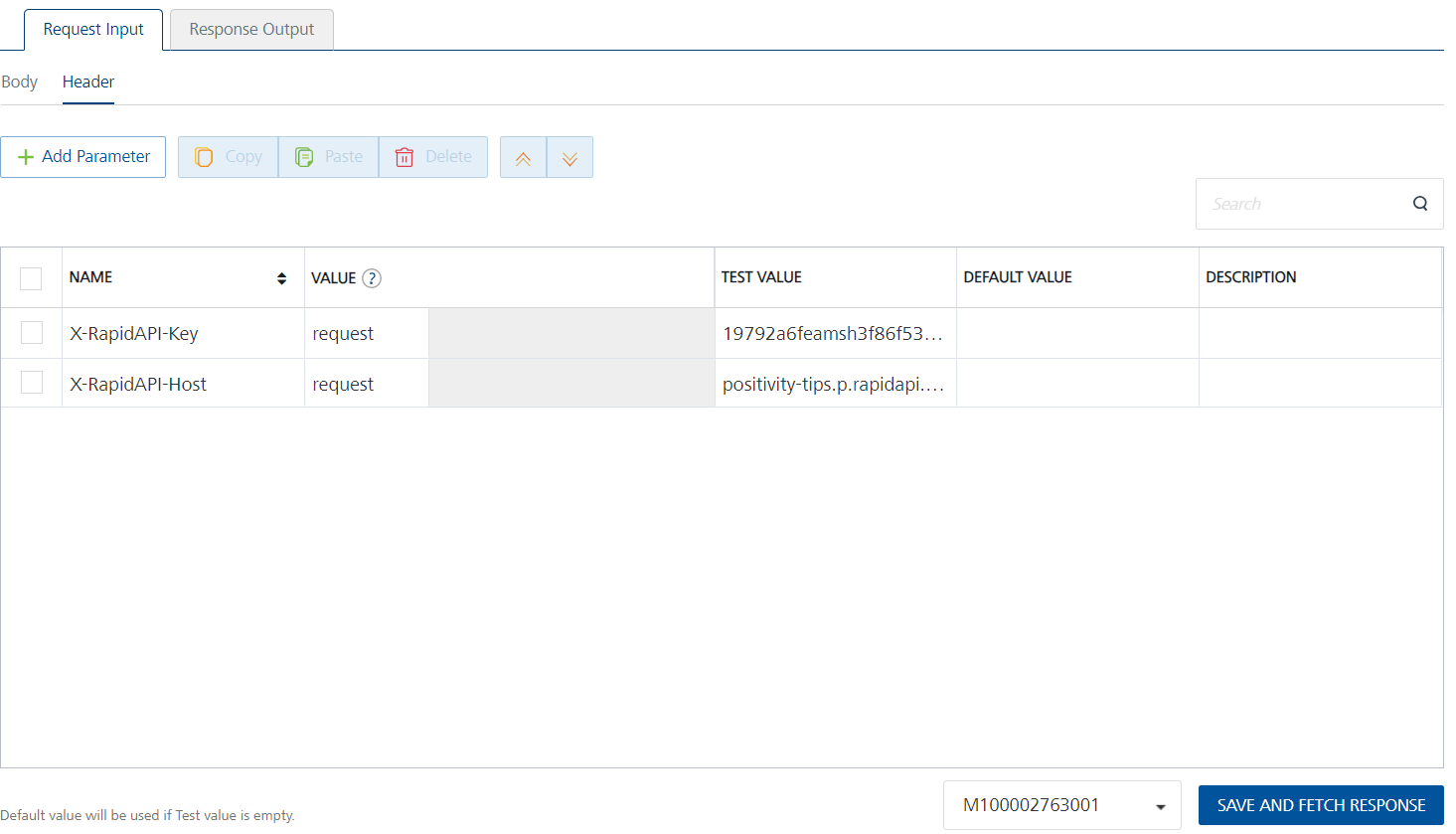
#### Executing an Operation

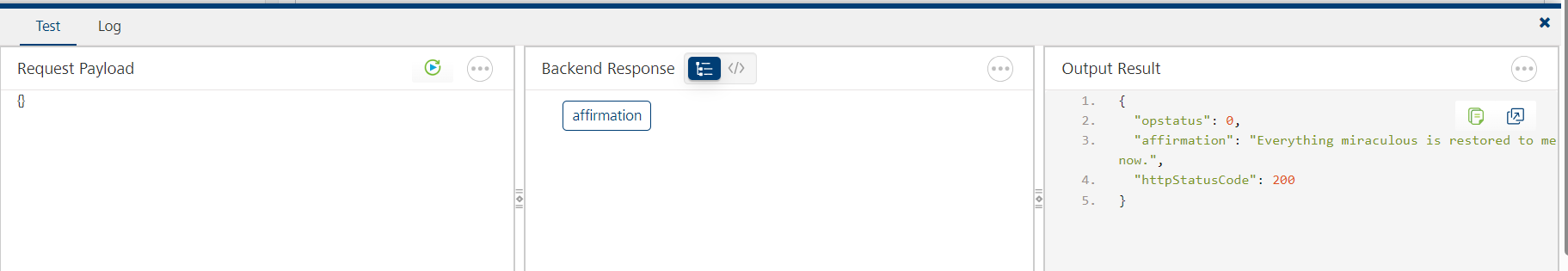
* From the **Operations List** tab, in the **Configured Operations** section, select the operation you want to execute.

A screenshot of a computer

Description automatically generated

* On the Operation Page, in the Request Input tab, enter a TEST VALUE for all the fields in header.



* Select a run-time environment and click **Save and Fetch Response** to get a response based on your inputs.  
    
  

## **E**. [**Publishing your application**](javascript:void(0);)

If you want to use the services in client applications, you need to publish an app to a run-time environment. You can create the service (as described above) in an application or import the service into an application and publish the application.

# **References**

## Endpoint Documentation

## **Reference Link:** [Positivity Tips API Documentation (mwcsur) | RapidAPI](https://rapidapi.com/mwcsur/api/positivity-tips)

# **Get an Affirmation to Empower the User**

## This endpoint gets a random affirmation to provide robust inner empowerment through the internalization of affirmations.

## The endpoint is available through this URL:

GET https://positivity-tips.p.rapidapi.com/api/positivity/affirmation

## **Parameters**

When calling this endpoint, please refer to the following parameters.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameter** | **Description** | **Types** | **Required** |
| X-RapidAPI-Key | Give details of the rapid Api key | String | Yes |
| X-RapidAPI-Host | Give details of the rapid Api host | String | Yes |

# **Get Daily Wellness Tip**

## This endpoint gets a daily wellness tip of advice users can follow everyday for improved general wellness both physically and mentally.

## The endpoint is available through this URL:

GET https://positivity-tips.p.rapidapi.com/api/positivity/wellness

## **Parameters**

When calling this endpoint, please refer to the following parameters.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameter** | **Description** | **Types** | **Required** |
| X-RapidAPI-Key | Give details of the rapid Api key | String | Yes |
| X-RapidAPI-Host | Give details of the rapid Api host | String | Yes |

# **Get inspirational/positive quote**

## This endpoint gets a positive and inspirational quote.

## The endpoint is available through this URL:

GET https://positivity-tips.p.rapidapi.com/api/positivity/quote

## **Parameters**

When calling this endpoint, please refer to the following parameters.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameter** | **Description** | **Types** | **Required** |
| X-RapidAPI-Key | Give details of the rapid Api key | String | Yes |
| X-RapidAPI-Host | Give details of the rapid Api host | String | Yes |

# **Revision History**

Adapter version 1.0.0:

## **Known Issues**

**-**

**B. Limitations**

**-**