



# SISTERHOOD MANIFESTO

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I will root for your wellbeing and joy.

**Since we're all unique, I will resist the urge to compare myself to you.**

I will practice seeing your innate beauty and brilliance, even when you can't see it in yourself.

**I will not attempt to fix you because you are not broken.**

I will listen to your heart and encourage your courage.

**If you express emotions I feel uncomfortable with, I will take care of myself without making your feelings wrong.**

I will help us remember that vulnerability is a sign of strength.

**Unless you're looking to harm yourself or others, I will keep what you share between us.**

Instead of closing my heart if I am upset, I will practice opening my heart and speaking my truth.

**I will celebrate the healthy relationships in your life.**

If I am used to struggling in silence, I will practice reaching out in the spirit of not being sad alone.

**I will allow sisterhood to be my salve, and will invite you to do the same.**

I acknowledge and honor that our transgender sisters are sisters too, no less welcome or included than those called "girls" when they were born.

**Since there are infinite ways to express as a woman, I will celebrate your unique expression.**

I will stand firmly in the truth that nobody – regardless of age, race, religion, gender, sexuality, size, education, or nationality – is more important, valuable, or worthy than anyone else.

**I will resist the grip of perfectionism, and encourage you to do the same.**

If I am fearful of connecting with women, I will not turn that fear into a judgment of all women.

**I will care.**



**As we gather in sisterhood, we come home.  
Together, we weave a tapestry of love.**

**Our grandmothers conspired for this  
moment.**



# #SisterhoodDay

SisterhoodDay.com

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