

SISTERHOOD MANIFESTO

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. *IF YOU EXPRESS EMOTIONS I FEEL UNCOMFORTABLE WITH, I WILL*

I WILL LISTEN TO YOUR HEART AND ENCOURAGE YOUR COURAGE. *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.

OUR GRANDMOTHERS CONSPIRED FOR THIS MOMENT.