

# 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.**