



# *Global* SISTERHOOD DAY GUIDE

Celebrating & supporting the connections  
between women



# The Art of Sistering

## Bring your compassion

No matter what she's been through or is going through, offer her fierce compassion, appreciating that we're all on our own path, learning and growing as we go.

## Celebrate her

There will never be another person exactly like her. See her innate beauty, brilliance and capability, and reflect that back to her, even when she's not able to see it for herself. Celebrate her wins as if they were your own.

## Alchemize jealousy

Turn comparison and jealousy into reverence and honor, celebrating that which you admire in her, and using it as signpost towards your desires.

## Make space for her heart

Allow her to feel what she's feeling without jumping to fix it or make it about you. Support starts with listening.

## Hold a powerful intention

When she shares her true desires, envision them as realized. Wish her well, be her cheerleader, take a look at her vision for the future.

## Give and receive support

We are all in this together. Ask how you can support her, and ask for the support you need. Be willing to give, be willing to receive.

# How to Participate

## Step 1: Gather your girlfriends

Choose a time and location to gather with your girlfriends on and send out your invitations!

## Step 2: Set the space

- Invite everyone to bring a snack to share – among other things, sisterhood is about supporting one another by sharing in the work!
- Create a cozy and comfortable environment, free from distractions or other people who aren't participating, so each sister feels free to share openly.
- Feel free to include candles, flowers, or anything that creates a beautiful space.
- Even though you're the host, don't fret over having things be perfect. Instead, focus on being present and welcoming to everyone as they arrive, inviting them to get themselves a glass of water. Relate to everyone as their sister, not as their leader – you are participating, too!

## Step 3: Open the circle

- \*Begin by welcoming the group and having everyone share their names.
- \*Remind the group that this is a safe space, and everything that is shared will remain confidential. Ask for their agreement.
- \*Have someone volunteer to read the Sisterhood Manifesto™ to the group.

## Step 4: Group sharing

For each question, go around the circle and have each woman share her answer for a minute or two. Move to the second question after each woman has shared her answer to the first. Women are free to not share if they choose.

**Question 1:** What can we celebrate with you right now?

**Question 2:** What's a challenge in your life right now?

**Question 3:** What do you desire for yourself and the world?

## Step 5: Close the circle

To close, have each woman share one word to describe how she's feeling.

Take a picture together and invite everyone to post on social media (Instagram, Twitter, Facebook, etc) using the hashtag **#SisterhoodDay** to spread the message of sisterhood!



For anyone who can stay for refreshments, have a conversation about how to weave more sisterhood into your lives!



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Global  
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# #SisterhoodDay

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