

MANIFESTO OF THE BRAVE AND BROKENHEARTED

*There is no greater threat to the critics
and cynics and fearmongers
Than those of us who are willing to fall
Because we have learned how to rise.*

*With skinned knees and bruised hearts;
We choose owning our stories of struggle,
Over hiding, over hustling, over pretending.*

*When we deny our stories, they define us.
When we run from struggle, we are never free.
So we turn toward truth and look it in the eye.*

*We will not be characters in our stories.
Not villains, not victims, not even heroes.*

*We are the authors of our lives.
We write our own daring endings.*

*We craft love from heartbreak,
Compassion from shame,
Grace from disappointment,
Courage from failure.*

*Showing up is our power.
Story is our way home. Truth is our song.
We are the brave and brokenhearted.
We are rising strong.*

-Brené Brown
#RISING STRONG