

Wise Women don't shrink back, muffle, or stifle their voices. Instead, they stand up, are counted, and TAKE UP SPACE!

We are not meant to be and do nothing - to be seen and not heard. We are here on purpose, for a purpose.

That means we have to practice becoming, just like Kurt Vonnegut instructed those high school students to experience BECOMING.

Find out what's inside you. On the way to becoming, we do things that amplify this idea.

Remember being in class...how did you answer when the teacher called your name? HERE! Or, PRESENT!

You proved when your name was called that you A) were in the room, and B) that voicing your presence was important.

So I have a few questions for you today:

Do you believe your voice is valid?

Do you have a say in your life?

Do you know how to use your voice?

We had names for those who "showed up" in class..."Class Clowns", "Loud," or my favorite - "Talks too much!" 😂

What was that all about anyway? Just obnoxious, or kids who wanted to count, take up space, and be seen?

Using your voice IS taking up space. Here's how to do that:

1. Trust that what you have to say is of value.
2. Trust your gut - if you know something is off, say something.
3. Refuse to be silenced. Madelene Albright, the first female Secretary of State said, "It took me quite a long time to develop a voice and now that I have it, I won't be silenced. I can't AFFORD to put up and shut up."
4. Not everyone will like you - but whose life are you living anyway?
5. Speak the truth. (In Love) It's liberating! No more walking on eggshells!
6. Stop dismissing yourself - your voice needs to be heard and your opinion is valid.
7. Be courageous for a cause you believe in - it will teach you to have courage for yourself.
8. Be an example - younger women are looking to you!

We've had the vote for barely 100 years... we only got our own credit in the 70s... we deserve access to equal education and equal pay... we deserve the guarantee not to get fired for pregnancy... we deserve protection from sexual harassment.

In a tweet by Harriet Johnson, "Every woman you know has taken a longer route. Has doubled back on herself. Has pretended to dawdle by a shop window. Has held her keys in her hand. Has made a fake phone call. Has rounded a corner and run. Every woman you know has walked home scared. Every woman you know. "

Take up space, use your voice, and don't shy away from the greatness that is inside you.



"MY GRANDMOTHER WAS IN LINE TO BE SHOT INTO A PIT AND SHE SAID, 'WHAT HAPPENS IF I STEP OUT OF LINE?' HE SAID, 'I DON'T HAVE THE HEART TO SHOOT YOU BUT SOMEBODY WILL!' AND SHE STEPPED OUT OF LINE AND FOR THAT I AM HERE AND MY CHILDREN ARE HERE. **SO STEP OUT OF LINE LADIES, STEP OUT OF LINE.**"

- ALEX BORSTEIN