

The *GROWN* WOMAN'S OATH

Other women are not my competition.

The old paradigm of "there's only room for one" continues to be broken down. We still have a way to go, but it is up to us to create room for the next woman - not elbow her out of the way.

I admit that gossip is pointless.

"Great minds discuss ideas; average minds discuss events; small minds discuss people." - Eleanor Roosevelt (a debated credit, but I'm going with Eleanor.) Which mind do you have? Or are you just out of your mind?

I acknowledge that womanhood is self-defined.

Wear a Gucci belt or a tool belt. Have a child or don't. Get married or not. There's a spectrum of womanhood. Do you.

I recognize that women have value at every age.

There is no need to feel shame or shame others for the appearance of grey hair, wrinkles, or freakin' cellulite. Your essence is ageless.

I do not use my emotions as an excuse (to act the fool).

Emotions are indicators that can be used to explore underlying issues. They are not to be suppressed but don't use them to justify throwing over tables and choking your frenemies. Really?

I hold my sexuality as sacred.

There is nothing wrong with "being sexy." However, if that is all you lead with, you will never be seen or respected for the whole person you are. It is part of you but it does not wholly define you. Celebrate it without compromising your wholeness.

I will give up comparison.

There will always be another woman with smaller thighs or a bigger bank account. The only comparison you need to make is how you used to be and how far you've come.

I always speak in my true voice.

Your voice is worthy of being heard. There is never any need to downplay your truth due to insecurity or in an attempt to manipulate.

I am certain of my exquisite nature.

Beneath the layers, you are a unique, invaluable, & divine being. Believe.