

# eleven words

## for women ever after

- Every woman deserves honesty. She deserves to be honest with herself, first and foremost. She deserves to experience the internal reward of speaking truthfully about her own reality. She also deserves to hear truth from others, establishing environments of authenticity within her relationships.
- Every woman deserves to be heard. She deserves to express her unique voice to others, within environments where her words are valued and validated. She deserves to receive acknowledgment from others, to know that her words are genuinely absorbed, accurately reflected and meaningfully addressed.
- Every woman deserves to be comforted. She deserves “a break” from being “the strong one,” experiencing environments wherein she can be transparent and vulnerable—angry, overwhelmed, conflicted, needy, fragile, afraid, insecure and uncomposed.
- Every woman deserves empowerment. She deserves to access her internal realities, needs, boundaries, spiritual beliefs and sources of strength. She deserves to exercise her empowerment progressively and imperfectly, within environments of trial-and-error, evaluation and exploration.
- Every woman deserves choices. She deserves freedom to navigate her healthy and unhealthy realities, making intentional choices to “live with,” “leave behind” or “lobby for change” within those realities. She deserves to make decisions within pressure-free environments, space that allows her to choose differently—to make “course corrections”—along the way.
- Every woman deserves to experience her own healing, independent from the needs of her significant other or family of origin. She deserves to pursue support for herself, in her own way and for her own sake. She deserves to heal within safe environments that answer her questions, address her needs and advocate for her role within her own life.
- Every woman deserves healthy relationships. She deserves to integrate with others, connecting in ways that are neither self-sustaining (isolated) nor codependent (enmeshed). She deserves to practice healthy relationships at her own pace, within environments that empathize with the complexity of human experience.
- Every woman deserves to love herself. She deserves to believe that she is more than her body, her mind, her family, her faith, her career, her mistakes and/or her accomplishments. She deserves to explore this within environments of others who believe it on her behalf, until she is able to experience it fully for herself.
- Every woman deserves to nurture herself. She deserves to invest time, energy and money into things that soothe or inspire her soul. She deserves to enjoy these gifts without guilt, within environments that prioritize her happiness and wholeness.
- Every woman deserves healthy boundaries. She deserves to establish thresholds that protect and empower her wellbeing, providing environments of emotional safety and personal space. She deserves to adapt and redefine her boundaries when needed, adjusting them to improve her life as it unfolds and evolves over time.
- Every woman deserves a fresh start. She deserves to renew, reclaim and reorient her story, without judgment or presupposition. She deserves to discover her purpose and promise, within environments that fully support her vision for “life ever after.”