

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.

