



EMBRACE

It All

MODULE 5

womenforONE
share • inspire • grow



It's time to celebrate your story.

You've reached the last module of this journey, and you now have a number of pieces of writing that you've completed from the Soul Digs and Homeplay, including a more extensive piece of personal truth-telling that reveals one of your most important guiding stories.



Maybe you're considering posting your work on a personal blog, emailing it to a select group of friends and loved ones, or even submitting it to a media outlet that will offer you a more widespread reach. You might not have any intention of letting your truth see the light of day, but the process of articulating it has been cathartic and valuable to you, all the same.

Before you get ahead of yourself and start making plans for the future, let's take a deep breath and come back to this very moment. In writing your story, you have undertaken a sometimes painful, often exhilarating, and always profound task.

Celebrate your accomplishments and everything it took to get here—not simply in the past several modules but in the years that it has taken to cultivate the courage and self-awareness to express your truth.

Before sharing with anyone else, it is important to get the full impact of what it means to claim your truth for yourself. Take your story and stand in front of a mirror. Now, read your story out loud and be sure to make eye contact with yourself in the mirror. Observe the sound of your voice—is it shaky or steady? Notice the expressions on your face, as well as your body posture. And if you think this is an intense exercise—it is! You rock!

Become aware of what it's like to speak your story aloud to yourself, allowing your voice to express whatever it is you are feeling. If tears come, allow them to flow. Be compassionate with yourself—and don't hold back the tide of emotions. Simply surrender to it and allow it to surge through you. When you are finished with your story, take however long you need to be with yourself.

Also, remember to celebrate and give yourself some much-needed self-care afterwards. Light a candle, put on your favorite music, make your favorite meal, and set aside some time and space to acknowledge yourself. It is so important to offer yourself an enormous amount of love and be grateful for the process you have just walked through. Next time you accomplish something in your life, no matter how big or small, offer yourself a gesture of gratitude and appreciation. And just give yourself a big hug!

You are magnificent. And, your time is now.

*"You are strong, brave, capable, creative, and ready.
Go make life happen!"
Lara Casey*

Connecting with the *Women For One* community

Our team at Women For One is here to support your next move toward **making your life happen.**

Women For One began with an idea back in 2011: “Women should share their stories from all over the world.” Stories of struggles, relationships, assault, recovery, motherhood, food binges, and getting their ass in gear. Stories of every flavor and magnitude. From the funny, to the dark and devastating, to the uplifting and everyday.

As a global community, we connect women so that they can share their stories and inspire action that will transform the ways we live, love, and learn. Over the years, we’ve grown into a 600,000+ strong community of inspiration and truth. With every woman who has shared her story on our website, others have emerged changed, empowered, and inspired to live their own bold truth.

It takes courage, love, and action to evolve throughout our lives.

Your next challenge is to submit the draft of the longer piece of truth-telling you refined during the Module 4 Homeplay.

Our team of editors will send you feedback for honing your voice and strengthening your message. (If you’re gun-shy when it comes to receiving “criticism,” just so you know, our editors are going to be focused on sending you only the most helpful tips for letting your truth shine through. We are committed to supporting your voice!)

Also, please remember that your submission is not a requirement. If you feel hesitant about submitting your work to a wider audience but would still like feedback from Women For One’s editors, you are welcome to send us your piece for a private review. You are also welcome to submit your story anonymously.

To submit your piece, please fill out the form here: <http://womenforone.com/ttsubmissionform/>

You can find Women For One’s submission guidelines here (and be sure to read them before submitting your piece!): <http://womenforone.com/submission-guidelines/>

If you have any questions, please reach out to us at truthteller@womenforone.com.

We can’t wait to hear from you!

Building a Community *of truth-tellers*

What does it take to build a community of truth-tellers? How do we encourage each other to share our personal truths with each other? What are the benefits of doing this? What are the stumbling blocks we are likely to come across, and how do we move through them as a community?

As you begin claiming your truth, and proclaiming it to more and more people, you will find yourself asking these questions.

Truth-telling begins with you as an individual, but it takes the support of a community for your truth to gather power and momentum. Relationships that foster authentic communication, vulnerability, and transparency enable truth-telling to become second nature.

Just remember, we share our truths in order to feel a greater sense of connection. We are all connected and linked together by the complex, overlapping loops of our stories, our dreams, our untapped potential.

Whatever superficial factors might serve to separate us from each other, our differences are minor compared to our interconnectedness. It doesn't matter where or when we were born, what language we speak, or even whether or not we get along. No matter how the story of our life plays out, all of our experiences share a common emotional vocabulary.

The most effective way to feel connection is to acknowledge our shared human truths. If you want to feel this connection consistently, you need a support system of sisters and brothers on the path—the ones who are committed to expressing their own truth.

These are the kinds of relationships that will support you, and will enable you to acknowledge and celebrate both the ups and the downs of life.



*"Part of how we transform is by being in
a community with other women."*

HeatherAsh Amara



Feminine Wisdom Know Your Tribe

Women's natural thirst for community, connection, and great relationships is part of the glue that makes for lasting social bonds. We spend lots of time and energy creating relationships, people, and places that we can take refuge in—and not only does this nourish us in our own individual lives, but it makes for thriving communities.

According to a recent Harvard University study, intimacy is preventative medicine. Scientific data reveals that while smoking, poor eating habits, or not enough exercise can certainly compromise your health, loneliness puts you at even greater risk for chronic diseases and cancer. The study revealed that people who gather with friends on a regular basis—whether this means meeting for dinner or taking a vacation together—outlive their peers by an average of two-and-a-half years.

Solitude can be essential and wonderful, but women have known one truth since the beginning of time: In order to be the best version of ourselves, having the right co-pilots on the journey is crucial.

Identify the people who are a part of your tribe. Be sure to offer them your genuine appreciation, and more importantly, to personally reach out to at least one soul sister from your tribe. Even if you only have time for a phone call or a short walk around your neighborhood, make it a priority to connect with the ones who love you, have your back, and offer you a clear reflection of your greatness.

Perhaps you'll want to share your experience of the Truthteller course and open up the door to a conversation based on the following questions: What does it mean to live my truth? What kind of support do I need? What kind of support would I like to offer the amazing people who make up my tribe?

This is your tribe.

The people in our tribe aren't there to sugar-coat the jagged little truth pills that we are sometimes hesitant to swallow down. Although they often inspire and uplift us, they are also there to offer us reality checks when we most need them.

Connecting with a community of truthtellers is integral to the best kind of friendships and alliances: ones that are based in mutual authenticity. In order to cultivate these relationships, we need to move beyond the cultural baggage that keep so many women divided from each other or in a perpetual state of competition and judgment.

We must be willing to stop perpetuating our victim stories. We can no longer afford to collude with each other in downplaying our greatness. Misery might love company, but the true badge of our courage, as well as our love for ourselves and each other, is our willingness to engage in radical honesty—the kind that burns away inauthenticity and leaves behind only our truest truth and most potent power.

As women living in a time of great shifts (socially, politically, and otherwise), we are learning to own our place in the world in unprecedented ways. When we work to lift each other up and honor each other's personal truths, we can create anything we desire—from the deep and potent well-spring of our power.

Now that you've almost completed this course, commit to playing a role in expanding your community of truthtellers. Go the extra mile in intentionally creating your tribe by taking on a new challenge: Start your own truthteller circle. Gather together a small group of women from the online community or from your own circle of friends and colleagues. Use what you've learned in this class and create your own circle around the themes we've covered (e.g., Expansive vs. Limiting Stories, The Gifts of Authenticity and Vulnerability, etc.). Consider meeting once a week or twice a month. Remember to create a few simple guidelines for sharing. (For example, perhaps you wish to continue focusing on writing; or maybe you would prefer to explore self-expression through other forms of art, or simply through conversations with each other.) Above all else, create an environment that supports you and other women in processing and presenting your truths as you see them, and in living boldly into your authentic selves.

For more information on finding your tribe, please check out our webinar that explores this topic in depth: <http://womenforone.com/find-your-tribe-webinar-replay/>

1. What do I long for in a tribe? What kind of relationships do I want to cultivate?

2. Who in my tribe drains me? How?

3. Who in my tribe empowers me? How?

4. What is one step I can take toward creating a bold community of truth-tellers (e.g., starting a women's circle, collaborating on a project, or disclosing a truth I've been withholding from someone I care about)?

Embrace Your *chaotic magnificence*

Congratulations! You've made it!

Now that you've written your truth and walked through all the steps of becoming a truth teller in your life, I want you to integrate everything you've learned so far so that it can continue to be of benefit to you.

Each of us has a vital role to play in life—and the best way we can do this is to become aligned with our truth and give up the false story of our victimhood. This means that we are willing to take a hard, honest look at the ways in which we've consciously or unconsciously assumed a victim role and trapped ourselves in limiting beliefs.

As you've probably already discovered, our truths aren't exclusively about the difficult moments or the wonderful ones. It is far too simplistic to envision our lives as either solely swirls of love and light or downward spirals of doom and gloom. Our most expansive stories include a complex mixture of darkness and light. These are the stories that offer us the most healing and joy, because they offer us the most honest and complete perspective.

Accepting our light and our darkness as important facets of who we are is essentially a move toward greater self-responsibility!

The first step to healing our wounds is feeling all of our emotions without choosing to identify with them. In this way, we begin to recognize that our story is composed of many brightly colored tiles, each of which is merely one puzzle piece of our wholeness.

When we honor our wholeness (meaning that we love and revere the “disowned” parts of ourselves and our stories, alongside the ones we've tended to emphasize and exalt), we actually come back to the bedrock of who we are.

“Who would you be without your story?”

Byron Katie

You are chaotically magnificent.

Coming into a state of wholeness means that you learn to recognize the paradox of the human condition: It is simultaneously painful and blissful, creative and destructive, full of bright new beginnings and abrupt ends. And in between the extremes, there is an entire universe of possible feelings and experiences.

Making sense of your story and using it as a vehicle for your truth isn't a magic bullet that will automatically lead you to a "happy ending." However, it will most certainly lead you to a sense of inner peace, deep joy, and unshakeable equanimity that will feel more and more customary over time.

Life isn't all unicorns and rainbows, but the good news is, it's not all rainclouds and uphill battles, either.

Accepting our light and darkness allows us to remain in a state of openness, no matter how much pain we've experienced. In fact, in claiming our truth, we are being called upon to keep our hearts open and to consciously choose how we will react to hardships and triumphs alike.

We are being called upon to choose the stories we tell ourselves and others.

If you have the driving desire to change the world, take a look in the mirror instead. Contemplate and question the choices you've been making. Do they perpetuate limiting stories, or do they move you into a greater sense of possibility and expansion?

Instead of separating the world into victims and perpetrators, winners and losers, integrate a deeper truth: You harbor both extremes, and so does every single human being on this planet.

When we work to heal the conflict-ridden parts within us, we contribute to the collective vision of a society of truth-tellers. The only way to start is by living into our highest ideals, so that together, we can come to dream a new dream for our world and to make our lives happen in a brand-new way.

Every single one of us has strengths and weaknesses. Our life stories contain bright spots and places that are shrouded in shadow and secrecy. But when we reclaim all of our stories as vital aspects of our beauty and wholeness, we do something truly epic:

We reclaim our truth. We own our power. We discover the true source of our joy.

As you continue beyond this course, keep shining your light. You can do this by honoring your darkness and cultivating self-compassion for your journey.

Every single one of us carries a messy brilliance that is our truth, that is aching to be expressed. Recognize the beauty of living your truth as courageously as you possibly can. Celebrate your unique expression of truth as much as you can. It will make the journey ahead that much more fun.

1. What is the most valuable lesson I gained from this course?

2. Does the intention I set for this course feel fulfilled?

3. What new intentions am I choosing for myself as a result of this course?

4. What are some of the breakthroughs I've made with respect to embracing my truth?

5. What action can I take to support myself in living with passion, purpose, and joy?



FINAL HOMEPLAY

In the supplemental Module 5 worksheet, you'll find your own Truthteller Manifesto. Print it out, write on it, sign it, and post it in a visible part of your home or workplace. This will remind you of what it means to live your reality as a truthteller, each and every day!

Reflecting on everything you've learned in this course and going back to the Soul Dig from Module 1 ("A Truthteller Is..."), expand on your definition in your [Truthteller Manifesto](#).

You've accessed your genius, your unique voice, and the value of embracing your authenticity and vulnerability as doorways to wholeness. May you claim these gifts and use them to pave your individual path as a truthteller!

We would love for you to share your wisdom with our community of truthtellers, so email your manifesto to truthteller@womenforone.com.

Use the space below to brainstorm your ideas before moving on to the Truthteller Manifesto.

A large, empty light gray rectangular area intended for the user to brainstorm ideas before moving on to the Truthteller Manifesto.