

TAKING UP SPACE

As a revolutionary Act Worksheet

“WHEN SLEEPING WOMEN WAKE, MOUNTAINS MOVE.” - CHINESE PROVERB

This proverb is powerful and a symbolic wake up call: we are here to move mountains and we cannot do this by being small women.

Let's explore, together, where this desire to be small came from. Let's question the origins of the daily pursuit of being “less” and examine how it is infringing on you here and now.

Please take some time to sit with the questions below. Invite the most soulful version of yourself to be present as you journal your answers.

Q. WHAT DOES FEMINISM MEAN TO YOU?

The Merriam-Webster dictionary defines feminism as being, “the belief that men and women should have equal rights and opportunities; the theory of the political, economic, and social equality of the sexes.” It is our human right as women to have equal access to every opportunity on this planet. And, yet, when it comes to our many bodies (physical, emotional, spiritual), we are often plagued with the idea that we are “too much,” that life would “feel better” if we could just “be smaller.” Let’s explore our quest for smallness in the questions below:

Q: Why do you want your physical body to be smaller? What are the avenues you’ve explored or methods you’ve tried to become smaller in this way?

Q: Why do you want your emotional body to be smaller? What are the avenues you’ve explored or methods you’ve tried to become smaller in this way?

Q: Why do you want your spiritual body to be smaller? What are the avenues you've explored or methods you've tried to become smaller in this way?

Q: If you reached your goals of smallness, what would happen?

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As women, we are deeply powerful beings. We have magical bodies; we bring life into being in myriad ways. Tales of the Goddess predate tales of the God. We are not daughters born from a legacy of smallness. Part of the reason we have such heartbreak and confusion around the truth of who we are is because we have a massive deficit of female stories. Telling your story is a revolutionary act. In the space below, share a true story about a time in your life when you were the heroine.

Q: Is there a goddess / matriarch / heroine you admire? If so, what is it about her that resonates with you?

In the fight for equality and the march toward parity great progress has been made, but it is important to know that there is not one single country on this planet that has crossed the finish line of gender equality and the United States is not even near the top of the list of the countries leading the way. One of the ways that we can change this is to speak up and participate; to be seen and heard.

Q: If you could be seen in your truest, most powerful light what would that look like? Who would you be?

Q: What are some of the ways you've been silent in your life when you know your voice was needed?

Q: If there was one glorious truth about yourself that you could shout from a mountain top, what would it be?

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It is my fervent belief that you are here to be bigger than big. You are here to be great. Now is not the time for smallness. We need you. In the space below, can you search your heart and write down all the ways in which you are great?