YOUR KITCHEN CABINET
EVERY WOMAN'S VIRTUAL CAMPAIGN TEAM

Resistance, Resilience and Renewal:
Joyful Leadership in the Time of COVID-19

JOIN US!
VOTERUNLEAD.ORG/EVENTS

Saturday, May 9 @ 11AM EST
Live on ZOOM
RESILIENCE EXERCISE

1. Write your name
2. Write about a time when you felt lonely, scared or defeated
3. Write the names of two of your heros
4. Recall a time when you did something brave or amazing
5. Write three adjectives you want to be remembered as
6. Write about a time when you wanted to give up
7. Write about a time when you were filled with joy and happiness
Dear Old #1-Your Name:

I know that you have been feeling lonely and scared. But remember that time when #2 Loneliness Story, you survived through that and you will triumph through this too.

Did #3 Name of one of Your Hero ever give up? Did #3 Name of one of Your Hero ever give up?

No! And you can’t either.
Remember the time when #4 Bravery Story? What a wonder you are.

Thank you for being #5 Three Adjectives that Describe You.

Thank you for not giving up when #6 Story of Not Giving Up.

Thank you for being uniquely you. I am so proud of you.

Remember the great joy you felt when #7 Joy and Happiness Story?
Well that same beautiful joy is waiting for you. It is already there knocking at your door.

May today there be peace within you. May you trust the great spirits that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing that you are a child of greatness. Let that greatness settle into your bones, and allow your soul the freedom to sing, dance, and to bask in the sun. Love--New Your Name
ASK

APPRECIATE  Tell someone why you admire them

TURBO VOTE  Tell them how you want to vote

DONATE    Give money to a woman candidate

RUN       Sign up to run for public office.
CONTINUE THE CONVERSATION!

@VoteRunLead

#YourKitchenCabinet
#RunAsYouAre
#VoteRunLead
YOU’RE NOW A PART OF THE FAMILY!

Facebook.com/groups/VRLalums
YOUR KITCHEN CABINET
EVERY WOMAN'S VIRTUAL CAMPAIGN TEAM