



sistah Girl

***STEP INTO YOUR
GREATNESS***

“Dr. Nay”

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CHAPTER ONE
MAKING POSITIVE CHOICES



Surround yourself with only people who are going to lift you higher.

OPRAH WINFREY

TRIBUTE TO SISTAHS OF GREATNESS

We must celebrate and give our sistahs tribute
Because their strength and greatness we can never refute

Today's sistahs must pay respect and homage
To sistahs who fought for our freedom and suffrage

Sistahs traveled across the wide Atlantic
Enduring the Amistad, not the Titanic

Sistahs who continued running leaps and bounds
Despite the sounds of the masters' hounds

Our great-great auntie and grandma
Who marched to Montgomery and Selma

Sistahs who locked arm in arm so brave
Even if it caused their early unjustified grave

Sistahs who stayed strong when husbands were killed by lynch
Or found dead in a shallow dirty trench

Sistahs who were belittled and pushed aside
Still held their heads high and walked a confident stride

Sistahs who fought the struggle for the cause
Without hesitance, reluctance, or a pause

Sistahs who withstood water hoses and jail time
Who would probably do it again at a drop of a dime

Despite the consequences and the sacrifices endured
The rights and freedoms of future sistahs were ensured

Sistahs who stood in the face of hate with self-pride
So future sistahs would have a fair shake and ride

Our sistahs' actions were demonstrations
Of their devotion to future generations

So, we, as sistahs, cannot allow their lives to be in vain
We must appreciate their efforts and their pain

Simply, we must make our sistahs proud
So, we can see their smiling faces in the highest cloud
And hear their silent whispers of joy, clear and loud

Self-Reflection
(Self-to-Text, Text-to-Text, or Text-to-World Connection)

JOURNEY INTO WOMANHOOD

Baby girls are born with pure innocence
Not quite understanding their mere existence
As these tiny infants develop and explore
The environment teaches them more and more

As toddlers, they learn through developmental maturation
And experiences of cultivation and socialization
These princesses are trained how to effectively talk
And eventually, successfully to walk

Little girls begin to transform into their unique personality
And their world becomes their individual reality
They distinguish their motivations and frustrations
As they experience their life's orchestrations

Daughters are taught differently than their counterparts
The process is natural, not rocket science smarts
They are often molded into "nice" girls, while boys will be boys
Boys play with cars, whereas girls often perceive dolls as toys

As time progresses, making choices becomes an autonomy
Accompanied with learning English, history and geometry
Young ladies establish their trusted friendships
And possibly experiment with love relationships

Their futures are optimistic, and their dreams start to solidify
As they prepare to graduate from Somewhere High
Attending college may include living in the dorms
As young adults, independently attempting to weather the storms

Others may decide to take a different life course
Like find a good job and join the workforce
Either way, the major key is being proactive
Developing into citizens who are socially active

No matter if you become a teacher, doctor, or hairstylist
As a woman of greatness, you must persist
To accomplish your goal and achievement
Because as a woman YOU must represent!!

Self-Reflection
(Self-to-Text, Text-to-Text, or Text-to-World Connection)

SISTAH HOOD

Sistah Hood is a form of empowerment
Having a group of homegirls
Lifting you up together in alignment

Composed of women pushing you upward
Supporting you on their strong shoulders
While forming a sturdy pyramid of boulders

It's sistahs genuinely celebrating your achievement
Being your loudest cheerleaders
Without any hate, jealousy, or resentment

Friends who will believe in you and have your back
No matter the challenges
Or no matter how the cards are stacked

They encourage you to continue the fight
For they know you well
And know that you want to do what's right

They may babysit your kids
Or help you pay tuition
Whatever it takes for your dream to come to fruition

They take off the gloves to battle your enemy
Symbolically removing earrings and putting on the Vaseline
All joining together to protect you in pure unity

They'll jump into the ring within a blink of an eye
To battle along with you, side by side

Without even asking who, what or why

So, remember to hold tight to those who truly love you
Friends who will not shy away from the truth, or color things rosy or blue
Real sistahs will give you your props when they are truly due

True sisters come in many colors, ages, or shapes
Despite the differences, they work in unison
They're your sistah hood with no other comparison

Self-Reflection
(Self-to-Text, Text-to-Text, or Text-to-World Connection)

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