

Rise Up

written by Misty Ospin

It has once been said that there is nothing in this world that we cannot endure;

It is not about how hard we fall or how long we are locked away

Our strength is measured by the way we rise and persevere;

Our hearts beat to the rhythm of dedication and determination
of tenacity and self-worth;

We as women carry the beauty of creating change for tomorrow

Do not judge us because you can't handle being judged;

When they tell you, you are broken and brittle, you smile

And when they say you are worthless

you scream back with a powerful force.

We should be heard...

not hushed up;

We can overcome and conquer all

Nothing is impossible, we are unstoppable;

So when others push you downwards

you get back up and push forwards;

When your surroundings seem to close in on you

and you find yourself feeding into the negativity

either you will fit in and speak their language

or rise up on your own;

We shall gravitate towards another kind of

people and conversation

one that is positive, progressing, and proactive.

As we grow older

our wisdom will grow with us

but you'll soon realize there are some people and some places
you can't emotionally, mentally, or spiritually hang around.

This is a ~~good~~ law of successful living

So live with your whole heart

Live to your fullest potential;

Do not let your past define your future

For you are far stronger than any situation dictates.

So please do not sit in your prison and think that you
have failed

Failure is never final

For freedom is nothing but a chance to be better

therefore this is not our end, don't be afraid

We can rise and we will rise

So never give up.