

I will value my own and other women's accomplishments.

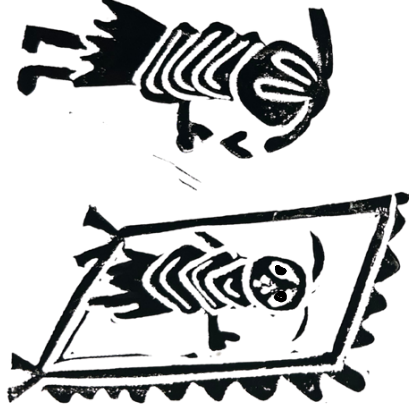


I will advocate for myself and my boundaries.



I will not apologize for having feelings or needs.

I embrace my body.



I refuse to criticize myself.



I call out systems of power that harm women and girls.



I resist internalizing misogyny or passing it down to the next generation.

use these monstrous affirmations of embrace and resilience to combat internalized misogyny, and pass down empowering self - worth instead!



10 ways we unintentionally pass down internalized misogyny

1. Criticizing our bodies
2. Over apologizing
3. Judging other women and reinforcing harmful stereotypes about female friendship
4. Silently tolerating disrespect
5. Dismissing our own needs
6. Undervaluing our accomplishments and contributions
7. Avoiding conflict at all costs
8. Seeking external validation for our goodness
9. Adhering to strict gender roles in the home
10. Upholding the systems of power that harm women, girls, and marginalized groups

Monstrous Affirmations of Embrace and Resilience



ZMIE BY
@sharonfrancesme
INSPIRED BY
@resilientdaughterproject

for Women and Girls