

# The Sistership Pledge Ritual

Heal the Divide. Lead Together.

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## Introduction

Thank you for taking part in the **Sistership Pledge Ritual**. This is more than just signing a pledge—it's a sacred activation, a commitment to **healing the divide between women** and leading together in a **new way**.

This ritual is designed to be **intentional, embodied, and transformational**. Follow the steps below to create a powerful experience, whether you're doing this alone or in a circle with others.

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### ◆ Step 1: Set Your Sacred Space

Before beginning, take a moment to create an **intentional space** where you can fully embody this commitment.

- Find a **quiet place** where you won't be disturbed.
- Light a **candle**, play soft music, or hold an object that represents **sisterhood** to you.
- Take a **deep breath** and **center yourself in this moment**.
- If in a group, **gather in a circle** and take three deep breaths together.

♥ **Optional:** Hold hands with those around you or place your hand on your heart as a reminder of your intention.

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### ◆ Step 2: Speak the Commitment

Hold your **printed copy of the Sistership Pledge** in your hands. Read it **aloud, slowly and with intention**. If in a group, read it **together as one voice**, or take turns speaking lines.

## The Sistership Pledge

*"I choose to heal the sister wound—to release competition, comparison, and distrust among women.*

*"I choose to see my sisters as allies, not rivals—to celebrate their success as my own, knowing that together, we rise higher."*

*"I choose to lead differently—not through burnout and isolation, but through collaboration, intuition, and deep connection."*

*"I choose to hold space for other women—to listen, to uplift, to remind them of their power when they forget."*

*"I choose to co-create a new world of feminine leadership—one where sisterhood is our foundation, and collective success is our legacy."*

*"Today, I make this commitment. Today, I choose sisterhood."*

**Together, we heal. Together, we lead."**

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### ◆ Step 3: Sign & Seal Your Commitment

After reading the pledge, **sign your name** as a declaration of your commitment.

- Feel the **weight of this promise**—not just to yourself, but to all women.
- **Place your hands over your heart** and say:  
*"I receive this commitment. I embody this promise. I am ready to lead together."*
- Take a **deep breath in**, feeling the shift in your body.

If you're in a **group setting**, invite each woman to **share one word** that represents their commitment.

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### ◆ Step 4: Share Your Commitment

Your commitment is powerful—and when shared, it inspires others.

- 📸 **Take a photo or video** of yourself **holding your signed pledge**.
- **Post it online** with **#HealTheDivide** and tag **@SistershipCircle**.
- **Tag 3 sisters** and invite them to take the pledge next!

**If in a group:** Take a **group photo** and share it as a symbol of collective sisterhood.

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### ◆ Step 5: Keep the Movement Going

This is not just a **moment**—it's a **movement**. Continue embodying this pledge in your **daily life and leadership**.

- **Keep your signed pledge visible** (place it on your altar, desk, or journal).
- **Check in with your sisters**. Support them in their leadership journey.
- **Take action:** How can you bring more collaboration and trust into your life?

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## **Together, We Rise**

By signing this pledge, you are now part of a **global movement** of women who are choosing **sisterhood over separation, collaboration over competition, and leadership that lifts all.**

 **Together, we rise. Together, we lead. Together, we heal the divide.**

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## **Download & Share**

- ☒ **Print your pledge & complete the ritual**
  - ☒ **Post your photo/video using #HealTheDivide**
  - ☒ **Tag @SistershipCircle & invite sisters to join**
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## **Bonus: Want to Go Deeper?**

Join us for the **LIVE International Women's Day gathering** on **March 8** to **activate this movement together!**

 **RSVP here:** <https://www.facebook.com/events/347482621793560>