We tell ourselves stories in order to live. --Joan Didion

**Writing a Better Story**

There comes a time when we choose what stories we tell ourselves personally or as a community. "So let us all honor the stories that gave us courage and personal grounding, the stories that brought us here, the finest ones the ancestors carried for us until we could carry them for ourselves. Let us acknowledge the stories that its time to finally release, to name the dragon so that the dragon can fall and transform into winged wisdom and insight. Let us build a new collective story of healing and the rise of a new power on earth, based in love, supported by love and extended in love." Listen to Carrie Newcomer sing us out of stories that no longer serve us into claiming stories that are truer and more life giving.

**Be The Change:**

Think of a narrative thread in your own life that could use a better storyline. Take today in your hand, and like a new pen on a clean page, begin writing your way to a happy ending.