

THIS WEEK'S THEME // Celebrating Sistafriends

REFLECT:

This week's Janie's Daughters theme is Celebrating Sistafriends. There is a pervasive myth out there that women can't get along. According to mainstream media, we're too catty and competitive. We talk trash, backstab, and hate seeing one of our own get ahead. Ummm... it's times like this that I am painfully reminded that mainstream US "media" is made up of predominately white men.

Ask any woman and they will tell you at least one story of a female friendship that has seen them through some of the most trying times of their lives. The fact is, we need that special brand of love, support, and strength that only a best girlfriend can provide.

Download the guide below to find out this week's homework assignment, designed to help you celebrate your sistafriends.

TAKE ACTION:

Throughout the course of this season, all of our JD's have needed to call upon the emotional support of a sistafriend or two. When a painful miscarriage caught her by surprise, Solana called one of her closest girlfriend before even calling 911. On the day she quit her job, Carmen leaned on the support and wisdom of a friend who had gone through a similar transition. Maya... Tamar... Zora... they are all testaments to the powerful magic of female friendships.

That being said, your mission this week is to connect or re-connect with a sistafriend you feel lucky to have in your life. Maybe this looks like meeting for lunch or coffee, maybe it looks like a Skype date where you catch up with the latest career/family/relationship drama, or maybe it takes the form of a quick text message just to say hi.

So often we pour time and energy into our romantic relationships and completely neglect the amazing female friendships we've worked so hard to cultivate. This weeks I'm challenging you to reverse this trend and to treat your best friendships with the same amount of care and reverence with which you would treat your boo.

DISCUSS

Share which of your friends you are going to reach out to this week and why. What does she mean to you? When was the last time the two of you connected and what's your planned course of action to get in touch this week? Post a Facebook status in the [Janie's Daughters private FB Group](#) so that we can provide you with feedback and support. Then, discuss your reflections with your accountability partner!