

I Can and I Will

I body of a woman

Vow to carry courage when fear comes

I will turn my struggles into triumphs

I will turn my wounds into power

After every fall I will rise like every sun I see

I am divine and filled with resilience

No challenge is too great for me

I am strong and worthy

I will find and speak my truth even if my voice shakes

I can and will fulfill my dreams

I can and will reject anything that says otherwise

Jaynese Poole (2017)