



THE Journey

40 CHOIR
CHICK



this manifesto is inspired
by the journey of the rose that grew from concrete –
the marvel of nature that bloomed in spite of what
surrounded it. Your kinky hair is not their standard of beauty.
Your skin tone is not their cup of tea.

But still you bloom.

You look in the mirror each day, determined to embrace
your own beauty; this is a homage to that journey.

4c hair chick, this is a story of the beautiful struggle
of self-love.



awakening

In learning and finding your true self, there will be exciting times and difficult times. Embrace each as they come, graciously building the foundation on which you will stand.





SCARS

The rose that grew from concrete is defined not by its scars, but by its determination to thrive in spite of them. While those scars are not the totality of who you are, they are a part of your story.



confidence

“There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine...and as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated...our presence liberates others.”

– Marianne Williamson







authenticity

Do not shortchange the value of your beauty in pursuit of something that is not true to you. Live in your authenticity, uncompromised. No more asking for a seat at their table – you have reservations for your own.



beauty

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern. Beautiful people do not just happen." – Elizabeth Kubler-Ross





Leveraging the beautiful letters,
emails and DMs from the community
over the years, we put together this illustration
embodying the journey some of us have walked.
We would love to know, “what has your self-love
journey entailed?”

Email us and share what’s on your heart:
info@4chairchick.com.

credits

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