

# THE CONVERSATIONS

256 MAGAZINE

ISSUE 02

MARCH 2023

## THE SOCIAL CHANGE ISSUE

**NOREEN ASEKENYE**  
Founder | Tell A Story Foundation | Using Stories to Shape Societal Dialogue On Change and Wellness

**PERSONAL ESSAY**  
How Doubt Draws Us Closer To Jesus Than Away From Him

**BECAUSE OF HER**  
ChangeMakers | Reminding Us Of The Contributions Women Have Made In Shaping Uganda

BE INSPIRED

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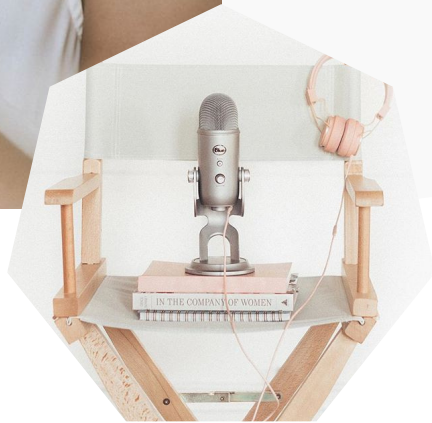
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# WE ARE A CREATIVE DIGITAL AGENCY.



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# *A Reflection On*

## THESE PAST FEW YEARS



Sometimes I find it intriguing the meanings we attach to words or things.

I read something the other day that stated, "Suffering is coming to the place where we finally feel the truth that being human is being limited."

If there is a singular thread that ran through all our existences these past few years, then it had to be the common thread of suffering. And with it, pain.

In suffering, we are fully aware of our own limitations as human beings.

And when we come face to face with our own limitations, we are left feeling helpless, less of human beings. And the more suffering lingers, the more of ourselves we lose.

Pain does that too.

It has a way of bringing your identity to the edge of a cliff.

I don't know about you, but these past few years felt a lot like that, like I was hanging off the edge of a cliff, falling over but straining with everything I have in me to hang onto that small jutting edge.

A lot of what happened these past few years has been in contradiction to a lot of what we grew up believing.

I grew up believing that as long as you just work hard, be determined, plan ahead, and focus then you can eliminate pain and suffering in your life. But these past few years have shown me that I am not in fact the gatekeeper of my own bright future. Suffering is heavy and with everything that comes with a certain weight, it has the ability to slow things down.

A lot of us were forced to slow down, to take slower, more measured steps.

As things slowed down, our need to stay busy was put under a microscope.

Our urge to be on the move, paper pushing, and surrounded by the constant hum of dream chasers.

Our willingness to put our own bodies through just about anything in order to outrun our own thoughts was dissected.

And when everything came to a screeching halt; we were left to confront the thoughts in our heads.



# *Continuation...*

Finally, we were forced to confront the echo chamber of our worst fears, re-examining what we thought we were, while the phones and devices in our homes fed us with stories of all the ways the world was weeping and shaking in sorrow.

Our need to stay busy was also put under a microscope and we found we couldn't hide in hurry anymore.

With everything that was going on, an important reminder slowly rose to the surface.

The reminder that we are fragile and finite, that our individual existence on earth does actually have a time limit, that we aren't as invincible as we thought we were. It started as a slow whisper and it has become a full-blown shout. That reminder has been staring us right in the face daring us to deny its truth—the reminder that we are not in control and one day, on different days, we are all going to die.

Among the many reminders that last year brought, these are what stood out for me:

- Hope Comes Disguised.

That small jutting edge that we desperately hang onto last year was... hope.

And hope can often come disguised as many things. It's important to stay aware of when and how hope could come knocking on your front door. A particular example this year has been how much good people have been doing regardless of all what a horror show this year has been.

- We Cannot Play God

All of us are somewhat entitled; we expect a pain free protected life and when we do not get it, it hurts. But what I've learned is that this hurt can open our eyes to the truth; that we aren't God and it's high time we stopped playing at being God and instead, started trusting Him.

- Baby Steps are Still Progress

That facing a little of your fears and your own thoughts everyday is not as scary as being forced to confront all of them at once. Daily self check in's are important. Our thoughts can be scary, our own fears can be crippling, but peeling back the window slowly everyday can do wonders.

- Pain Propels Communication

It is an invitation to stand true to your story and realize that while your story is your own, so is everyone else's.

To not disregard truth simply because we are afraid to feel it.

To stand in communion with fellow truth seekers.

## *Lastly...*

As we live and exist and love and celebrate and cry and grow through 2023,

I hope we remember these important reminders. I hope we take every lesson that we learnt these past few years and carry it with us throughout the remainder of 2023.

I hope we live with Grace and extend Grace to those around us. I hope we are NOT too afraid to sit down and dream up some big dreams and better yet, go after those dreams.

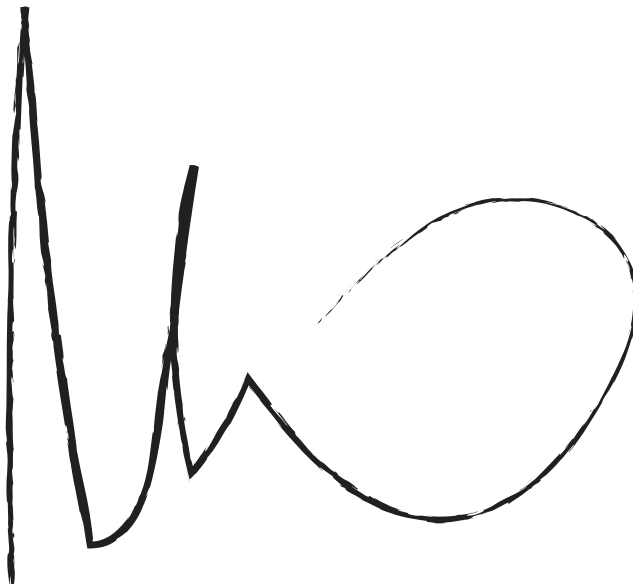
We don't know what the rest of 2023 is going to bring, we don't know what 2 months down the road is going to look like, but I hope we are stronger at heart and that we are better equipped to handle our emotions and feelings even in the midst of turmoil and in the presence of joy.

I hope we remember, no matter what, to hold space for small pockets of joy and peace when they show up in our lives and to know we are not alone.

Enjoy this Second Issue of the Conversations 256 Magazine.

And keep hanging onto hope,

\_Naks.







THE  
**CONVERSATIONS**  
256 MAGAZINE

ISSUE 02

MARCH 2023

***BECAUSE  
OF HER...***

Reminding Us Of The  
Contributions Women Have  
Made In Shaping Uganda

WOMEN OF THE MONTH

# BECAUSE OF HER

KENYANGI KESHIA AND UWERA PORTIA

ChangeMakers |  
Reminding Us Of The Contributions Women  
Have Made In Shaping Uganda

Because Of Her, A Showcase Of Extraordinary Ugandan Women was on at The Uganda Museum this March 2023.

The showcase celebrated the “Trailblazing Women of Uganda.” The exhibition illustrated the stories of more than 20 Ugandan women that have influenced Uganda’s past, present, and future through their courage, creativity, tenacity and values.

The Conversations 256 spoke to the masterminds (Uwera Portia and Kenyangi Keshia) behind “Because Of Her”

**01. Portia, Keshia. Welcome. Twins huh! Can you really read each other’s minds? You don’t have to answer that but tell us a little about your childhood...**

Hahaha... As much as we would love to, we can’t read each other’s minds. We grew up in a very tight knit family of two girls and two boys and our parents raised us in a way that we were friends and not just siblings. Things weren’t always easy but the friendship between us made it easier.

## OF HER

A SHOWCASE OF  
EXTRAORDINARY UGANDAN  
WOMEN

20TH -27TH MARCH 2023  
8AM -6PM

THE UGANDA NATIONAL MUSEUM



**02. How did growing in the environment you did shape you for what you are doing now?**

Growing up we were always a bit cantankerous when it came to taking orders and doing things that were only required of girls. We were children who always wanted to know why we were being told these things. When we grew into teenagers and found out that the why was patriarchy and the system it had created for us to live in, that’s when we decided that we had to do something about that system.

We are also grateful for the way that our parents always let us be ourselves and have our own opinions which gave us the space to cultivate the feminist ideals we now live by.

**03. How did you balance that period of life between early and mid twenties when one doesn't really know what they want to do? Or did you always have a clear vision of what you wanted to become?**

Balance! Haha I don't think we've reached a balance just yet, there are still things we want to do and the debate of whether they are a part of our path still exists but

**04. How did you balance that period of life between early and mid twenties when one doesn't really know what they want to do? Or did you always have a clear vision of what you wanted to become?**

Balance!  
Haha I don't think we've reached a balance just yet, there are still things we want to do and the debate of whether they are a part of our path still exists but

**05. What is 'Because of Her?' What's the inspiration behind it?**

Because of Her was started as a result of our desire to educate people about the great achievements of women in society because there is a tendency in our society to erase these achievements, especially achievements of women.

We specifically chose the name "Because of Her" for the exhibit because it spoke precisely to what we were trying to say,

”

**"... we have known for a long time that no matter what we do, we must make a change for women in our society, even if we impact just one girl. "**

We wanted people to know them, celebrate them and draw inspiration from them.





Tell us about a time you felt like quitting and what motivated you to keep going?

11. When searching for funding for the 2nd edition of the exhibit this year we met a lot of closed doors and after a while you start to feel hopelessness and wonder if it's even worth it. But when I look at all the people who believe in us, who are proud of what we are doing, we get up and keep going. When we can't get up and keep going we turn to God because He has managed to make a way for us no matter how dire the situation looked.

Who are your inspirations? Who do you look up to?

09. I think when you have multiple interests you can't help but have multiple inspirations and role models. At least I can say that we both look to our mother because that lady does not give up and she has a heart of pure gold.

What do you consider your biggest failure? And what did you learn from it?

10. I think we can both agree that our biggest failure is that we didn't start sooner, we thought we had more time. Don't procrastinate guys.



BECAUSE OF HER

“ For right now what we are most proud of is the organization and the work we are doing. Seeing all these people learn about these women and witnessing something spark within them always makes us proud.



BECAUSE  HER

10.

**We're finding our way back from a few game-changing years that chewed us up, laughed at our lists of goals and resolutions and rocked our mental health.**

**How have the past few years been like for you? How have you handled the pressure of trying to start an organization in a time like this?**

Oh these past years have been tasking, especially because along side all this we were in LDC ( the Law Development Centre) which was a lot for our mental health.

I think we've greatly relied on each other and our friends, we've been able to grow even stronger relationships than thought possible.

10.

**With all the work that you do and all the different roles you occupy, what does down time look like for you guys? How do you self soothe?**

We grew up in a TV home with someone always watching something so we love a good TV show.

**It may be harsh but the best advice I've ever received is, “no one is coming to save you, you have to do it yourself to get what you want.”**



**03.** There are so many annoying and destructive gendered stereotypes out there. Which one do you wish to speak up about and hope to change?

Wow this one is a big one, there are a lot of gender stereotypes that irk us but one of the ones that gets to us the most is the imagined differences between the capabilities of women and men. They inform so many poor decisions that women make and worst of all the crude entitlement of men in this society.

**04.** Do you have female role models or mentors?

As I said with many interests comes many role models but the first is our hard working mother and every single woman who has contributed, be it in small or big ways, to pushing women in this world forward.

**05.** What do you wish little girls everywhere knew?

**" We wish little girls everywhere knew that it's okay to make mistakes and it's okay to let yourself grow and change, just make sure that you are in charge of your life and your decisions, not anyone else. "**

”

**03.** What are you excited about right now?

We're excited about the chances for us to make real change and obviously the success of the 2nd edition of the 'Because Of Her' women's exhibit.

**03.** Where do you see yourself going this year?

We see ourselves starting on the other projects that our organization is planning like starting vocational training for women and girls in underserved communities. As well as partnering with other organizations to take our work to the next level.





**Which Ugandans do you think should be on everyone's radar?**

09.

Us haha but seriously I think the young Ugandan feminists working today are doing amazing work and they should be on everyone's radar because they are going to change everything.

**What's the most courageous thing you've done lately?**

10.

Show up as our most authentic self every day, making sure to do our best and be intentional about the work that we're doing and how we can accomplish it.

“Start with what you have and where you are , you'll never have everything in the right box and you are more capable than you know.”

**What do you believe in? Do you believe in God?**

11.

Yes we do , We are Christian and lean on God for guidance , strength and purpose.

**How has that belief shaped your decisions?**

11.

Our belief has kept us from giving up, knowing that God is directing our path and no matter what, believing that everything will work out for our good. This has given us the confidence and seal to push through whatever obstacles we face.







BECAUSE

13.

**Do you think the playing field is equal? If not, how do we make resources and knowledge available to everyone regardless of social economic background?**

The playing field is far from equal, a look into the factors that stop all categories of people from performing equally should be taken into account and addressed with the view of leveling it and making spaces more equitable. Equity and context should be prioritized in our resource distribution.

14.

**How can our readers further follow your work online?**

**Business Instagram – Because Of Her**

WHEN WE SPEAK

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B O O K

**LAUNCH**

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28 DECEMBER  
09:00 DOORS OPEN



YOU ARE INVITED



THE  
**CONVERSATIONS**  
256 MAGAZINE

ISSUE 02

MARCH 2023

*NOREEN  
ASEKENYE*

**Exclusive interview with the founder  
of TELL A STORY FOUNDATION**

# NOREEN ASEKENYE

USING STORIES TO SHAPE  
SOCIETAL DIALOGUE ON  
CHANGE AND WELLNESS



”

**"It is through my parents that I have learned how we need to consider the needs of others and give freely where we can, "**

## Background Story

I was born in Kampala, Uganda. I carry a calm and heartwarming presence because of how and where I grew up.

I was raised in a humble home.

As one member of a family of five, I knew that I had to consider the needs of others, often taking third place. We did not have many luxuries, but my parents made sure that we never lacked anything.

My father, a strong advocate for education, made sure that my siblings and I completed school, and we had a roof over our heads and meals on the table. It is through my parents that I have learned how we need to consider the needs of others and give freely where we can, even if it was a piece of chicken that my Mom shared with us from her untouched lunch for work that day.

## THE POWER OF COMMUNITY

Growing up in the Ntinda apartments, a suburb of Kampala, I was introduced to the power of community.

In the middle of our blocks of flats was a large avocado tree. Harvest time would see avocados being collected, carefully counted, and evenly distributed amongst all families living around that tree. Christmas and New Year would see shared community events amongst the apartment blocks. Children would organize music concerts and parents would come together to share stories of the year that passed. We knew that the needs of others were connected to our well-being.

The community would take collective responsibility for children that fell sick. These formative years laid the foundation for what I am doing now, philanthropy.

Philanthropy is the ability sharing what you have with others.

## ON HER CAREER CHOICES

“

**“From the very young age of 11, I knew what I wanted to do with my life.”**

Tell A Story Foundation is a non-profit organization in Uganda that I started which uses humane storytelling to drive impact. It began in 2018; by that time I was 22. I wanted to bring people together to remind them that irrespective of who they are, where they come from, or what they do; they matter and so do their stories.

I believe that stories are a powerful driver for change, we all have stories to tell, and our stories deepen our connections, when we tell our stories, we get to understand the stories of others, the problems we face, and the shared roots of our values like love, compassion, integrity, empathy, and respect which remind us that we are all interconnected.

“

**"Tell A Story Foundation nurtures individual and community narratives. We aim to preserve and share authentic stories that are told by real people. We hope that these stories will encourage others to tell more stories, ultimately contributing to a more humane and connected world."**

## ON THE PANDEMIC

The past years have been beautiful, with some stumbling blocks too, regardless I have kept the faith, and knowing that there is a divine power having my back has made me come out stronger and better. I am also intentional about practicing self-care through listening to sermons, and gospel music, visiting children's homes, sleeping and taking walks. I have also trained myself to always prioritize the things that are major in my life; those which are important to me will come first.

**“I have kept the faith, and knowing that there is a divine power having my back has made me come out stronger and better.”**



## ON MAJOR ACHIEVEMENTS

During Covid, I brought together a small team of youths in my Kiwanga community to set up sanitizing stations in the busiest areas. The Kiwanga group identified most at-risk homes, preparing meals for over twenty families. The group also started making their sanitizer, packaging and distributing it to over fifty homes, at no cost.

A big challenge during this time was that community members were physically disconnected. I realized that we needed to create spaces for emotional connection. The Foundation sent out a call for all people to share their COVID experiences, we had stories from Uganda, Kenya, Tanzania, Sudan, DRC, Burundi, and Malawi.

A good friend of mine, Catherine Kantono, a fellow at Teach for Uganda shared with me how Nkono Memorial School struggled to recover post-pandemic. The school has over 900 students, most of whom lack basic school material. Most parents are unable to afford tuition that covers food and examination fees at the school. We realized that something needed to be done.

Tell a Story Foundation organized a Bonfire Nights and Stories event to bring together people from all walks of life to relive the African Tradition of Storytelling around fireplaces. Our event attracted fifty people who through storytelling helped us raise One million two hundred thousand Uganda Shillings which we can direct towards supporting the education of vulnerable children that attend Nkono Memorial School.



We also encountered an autistic school, the Dorna Center in Ntinda-Uganda. The material needs were massive. Children did not have shoes. The classrooms needed renovation. They did not have any support at this stage. Again, Tell a Story identified how stories can inspire collective action.

Our story events raised awareness of autism, and the special role this school played in our community. We fundraised successfully for thirty pairs of sandals through telling stories and a subsequent charity walk that had more than two hundred people working in the rain. In addition, we raised \$300USD to renovate the classrooms.

**I realized that we needed to create spaces for emotional connection.**

”

CONTINUED...

I have been the face of HerGenuity Afrika Magazine 2021 Christmas Edition, Top 40 under 40 Ugandan change maker by the New Vision, My work has been featured on both local and global platforms such as XFM Uganda, U24 Uganda, UBC in Uganda, Lioness of Africa, women of rubies, Imaginact, Civic Source Africa and the U.S Mission to Uganda.

I have been a fellow at the YALI RLC EA Fellowship Program, Accountability Lab Global, Zimba Women, Women in Leadership, Project Girls 4 Girls, and Accelerate, Release and Maximize Master Class by Toluwani Akaehomen Consulting.

“

**Success is a series of many small steps, and all the things that I have accomplished, I regard as big. I am grateful for whatever we, Tell a Story Foundation have attained over the past four years. I know I am still on a journey, there is still more.**



### A MESSAGE TO YOUNG PEOPLE EVERYWHERE...

Wherever you go, always tell your story, because it matters and so do you.

Your Story is Power, own it and let no one steal that from you.

Do not look at the women that have made it to the top, and feel intimidated, or that you are in competition with them, rather learn from their stories, and how they do it, they are proving that you can do it, you are supposed to be and do better than them.

I am cheering you on.

Go conquer, you have potential, the seed of greatness and influence is in you.

You are the difference. You are here for a purpose.

The world is happy to have you.

## ON GIRL POWER

Two African ladies have contributed to the woman I am today.

One is Mbali Lwandi Kewuti, a South African narrator, writer, producer, and founder of Lehasa Productions, a Pan African Storytelling hub that is contributing to the black man's narrative. I used to watch her production "I REMEMBER ME" on Fox Life TV and each time I would weep. The stories of the young women making an impact in South Africa spoke greatly to me. I looked out for her on Facebook, and she shared her contact with me and she has held my hand since then, she has been of great help to me, making this storytelling dream a more clear to me, each passing day.

Another is Toluwani Akaehoem from Ireland; she is passionate about women's leadership. She is the founder of HerGenuity Afrika an organization that is supporting, inspiring, and promoting leadership among women of African Descent.

Toluwani looked out for me on Linked In and found me worthy to be a part of her leadership classes.

I have grown, I have not been the same and because of her, I believe in myself more as an authentic leader.



The most important piece of advice I've ever gotten has also come from a woman, "Step out in courage and do great things..."

I also draw a lot of inspiration from Anita Erskine. She is a Ghanaian Broadcaster, Girl's Education Advocate, and Executive Producer of Anita Erskine's Sheroes.

It is a television series that highlights African Women personalities that work tirelessly to contribute to social change in the 21st Century.

“

**“Step out in courage and do great things...”**



## ON DREAMING LIKE A DREAM

The charity walk for education that happened last year is something that I was very excited about for a long time.

The event was on the 24th of September 2022 and began at 8 am at the UMA Show Grounds in Lugogo. The purpose of this event was to raise funds in support of the education needs of vulnerable children at Nkono Memorial School, Namutumba District. These needs included scholastic materials, meals, and examination fees.

When I imagine where I see myself going, all I can say is that my star is shining brighter. I am still hungry for more. I am so grateful to God for bringing me this far, for what he has done, still doing, and is yet to do.

## ON SPIRITUALITY

I believe in God, he is the source of all things. My belief in God has enabled me to appreciate the fact that there is a greater power causing all things in my life to work together for good.

I am rested because he holds all things together, and I am not under any pressure because I am confident that we all have our race and all that at God's perfect time whatever I plan to do will happen.

This belief has enabled me to always keep calm, love people through the eyes of God, know that we are all a work in progress, and trust the process while I am on a journey to becoming.



## ON COURAGE

A woman I look up to so much is a poet and author Maya Angelou.

She once said, "One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."

On that note, the most courageous thing I've done each day is stepping out to be the best example of a human being by God's Grace.



## ADVICE TO YOUNGER SELF

Dear beautiful African Girl, I love you, you are special and I believe in you. Your dream is unique, if God has put it inside of you, then he will see you through it. You are on the right path. Keep going until you see it manifest.

## ON PAYING IT FORWARD

I believe in giving back.

I believe we all have a part to play in making the lives of others better.

It begins from where we are with what we have and what we can do.



You can follow my journey on:  
Noreen Asekenye on Linked In  
Noreen Ebotait on Facebook  
Tell a Story Foundation On Linked In and Facebook  
TellastoryUg on Twitter

# WHEN IN DOUBT



We are living in a time when people are hungering for a more authentic form of intimacy with God.

“We don’t believe instead of doubting we believe while doubting...”

We are all “doubting” Thomas now.

Sadly, in a lot of our churches, there’s no room for questions. Each question is countered and suppressed with positive affirmations and the call to “just have faith” But what does that mean? Jesus embraced those who asked, those who sought to understand, those who sought to know more.

I think rather than suppress our questions; we need to engage with them

When the book of James says doubting is more like being tossed between waves on the sea; we tend to think that statement is judgment passed on to whoever doubts but I think that statement is more descriptive. Because to question is to ponder two or more ideas or thoughts, to look between two signposts and say, how, why, where... We have all been at crossroads and will continue to encounter crossroads.

I believe God designed it in such a way that questions would arise and that those questions, instead of pulling us away from Him, in seeking the answers, would actually draw us even closer to Him.

Doubt CAN be destructive (look at how the enemy used doubt in the Garden of Eden) but questions are NOT a creation of the enemy.

Go back to Genesis one and you see an infinite God who creates a finite world.

He made a world in which questions were bound to exist and they could be the very catalyst that pushes us closer to him.

The Bible is packed with examples of men and women who had doubts and uncertainties and Jesus gave them space, He welcomed them.

There's room to be honest with our God. God didn't say forget Psalms 22. He didn't edit out 'doubting Thomas', so in those times when you're hurting and questioning and asking why and going through some tragedies; know this; take it God.

Take the most broken doubting parts of yourself and present them to God. Go to him when you're weary and heavy laden and He will give you rest. You are not alone. And God will use this season in your life to grow your faith. Don't give up on your faith just because you have questions; seek and search and God will meet you on the other side.

At every moment, God is calling out to us and sometimes we are too busy to see or hear it. But it's up to us to make sure we are looking for it. You have to treat your relationship with God as an ongoing 24/7 one because His spirit is with you always. If we could just change our perspective and the intimacy and dynamic of our relationship with God... if we could ask His Spirit to sharpen our spiritual eyesight and hearing, if we could practice looking and listening for Him during quiet intervals, then maybe, gradually, we could start to identify all the ways in which God is always calling out to and surrounding us...

Maybe then we could start to see Him the sunsets across the sky, hear him in the voices of loved ones, and feel him that gentle breeze.

\_Naks.

Dear Younger  
Self,

# GATHER YOUR BROKEN PIECES

Young One,

I know you often look in the mirror and wonder who you are.

But who you are comes in waves and just as quickly, you are left wondering once more “Who Am I?”

You wonder at your inability to fit in where your siblings blossomed. You wonder at why you prefer the still and quiet yet almost everyone around you enjoys the exact opposite.

You question your taste in music, in clothes, in movies.

You wonder why you love to dance but don't find as much pleasure as your peers in dancing to the tune of the male gaze. You wonder why you feel no shame in your weird clothes and big glasses.

You start to worry that maybe you are too strong, too tall, and too big boned or ‘fat’ as they usually throw at you.

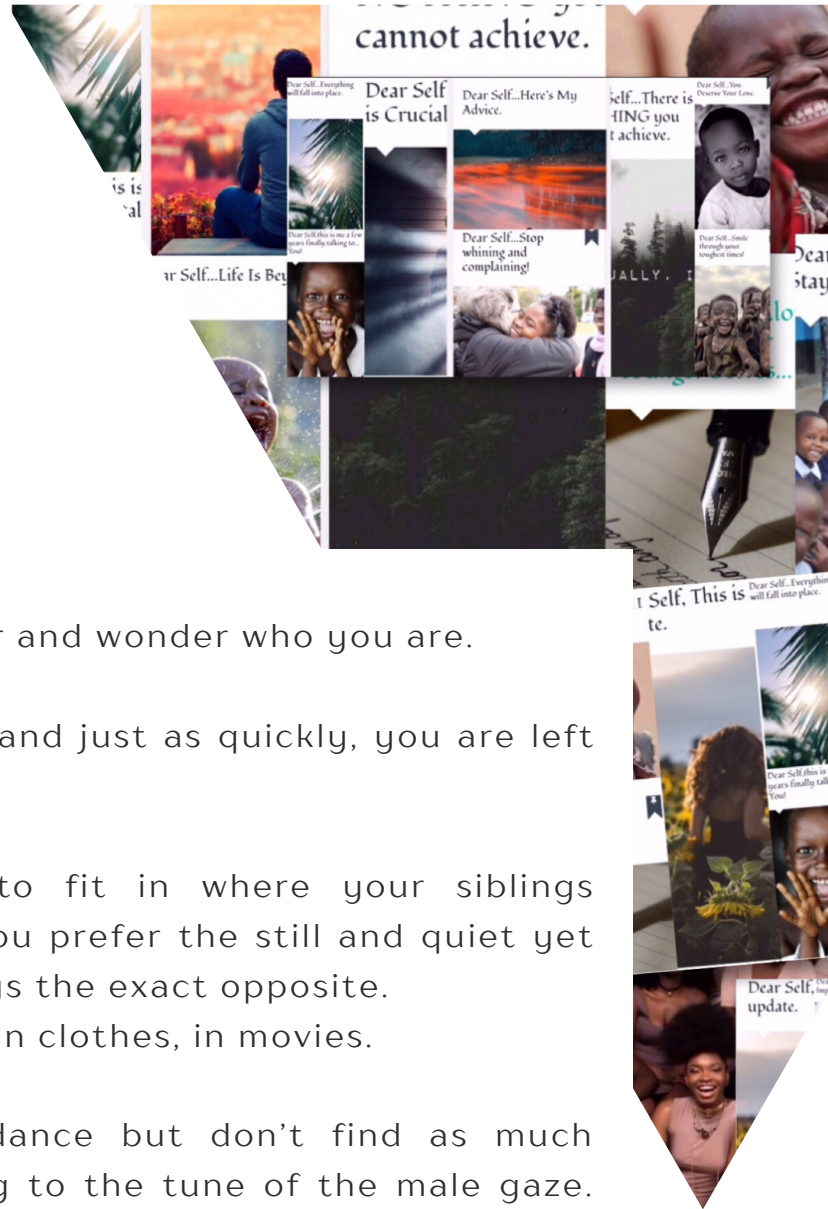
“

You question everything about yourself and you start to question God's own preferences too. If he could love someone like you; his taste must be questionable too!

”

I am here to ease your confusion and quiet your fears.

One day, you will grow up and find a world that is more inclusive, that is diverse, that won't jeer at your refusal to starve yourself thin. You will realize that you're a full person, not half a person because of your height, your size, your shoes, and your clothes.



“ None of that will matter.  
None of that matters.  
You were never made in halves.  
Your full and whole and complete just the way your are. ”  
So stop trying to look for completion and love in all the wrong places.

Those daydreams you have about boys with strong swords and a sharp wit will slowly fade.

You won't let your heart get stolen by thieves who steal glances. You'll no longer imagine yourself being carried down the road in strong arms.

You'll no longer put the rest of your life on pause waiting for a man to rescue you from the emptiness you fill inside yourself.

Through observing your friends, you'll learn to avoid the knights in shining armor: the kinds who roam hallways, looking for girls to slay, soldiers in a war of wits, looking to secure you to smother their insecurities.

“ We turn out well. So take pride in that. I am proud of you. ”

You'll still believe in that one-drink-two-straws kind of love, and I hope we one day find it. But as you grow you'll stop looking and start patiently waiting for the man who doesn't try to complete you, but who loves you completely. I'm sorry to say you haven't found him yet, but...

“ I'm happy to say that you're okay with that. ”

Life hasn't been too easy on you lately, and I am truly sorry about that.

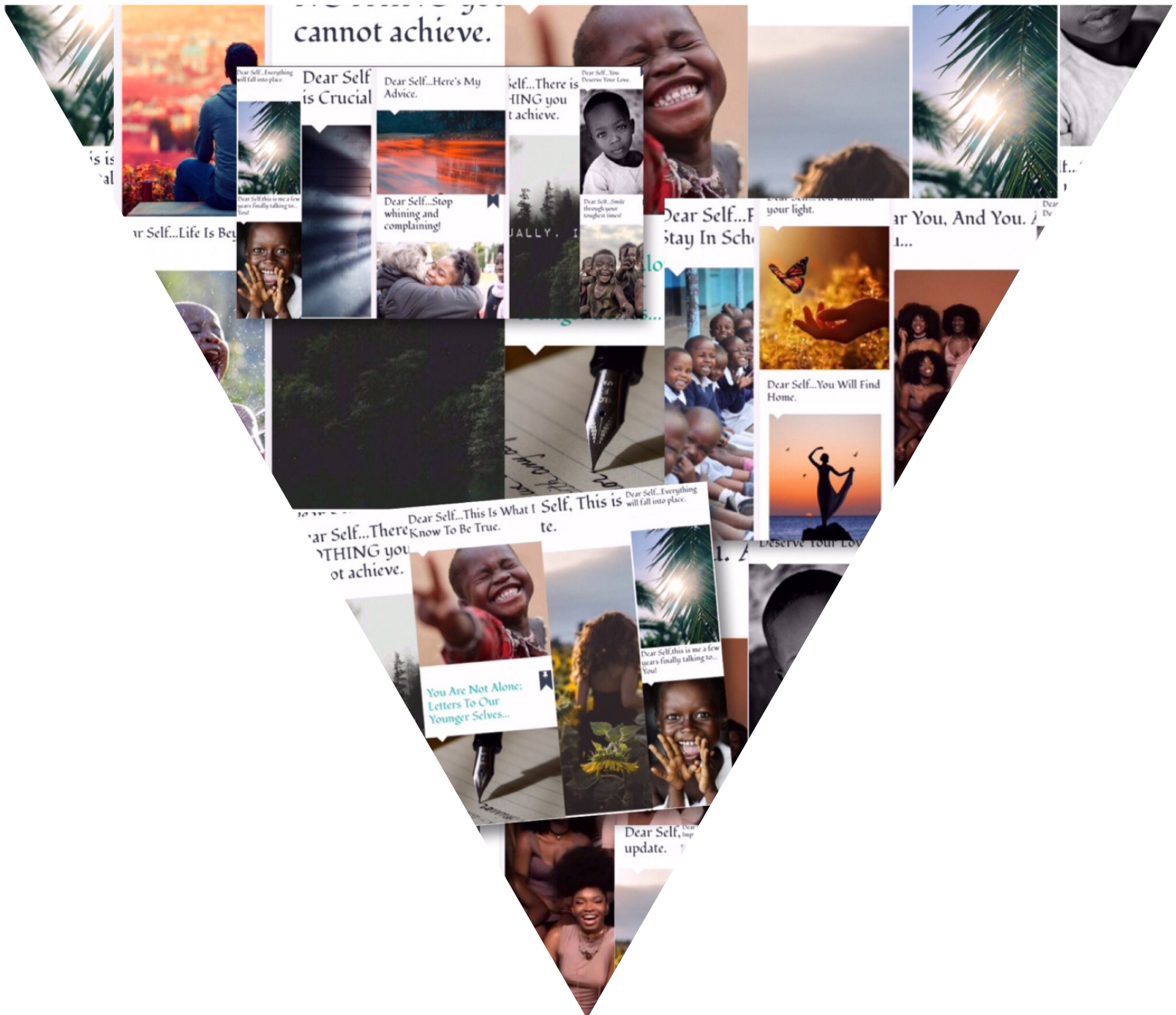
But despite it all, you have managed to keep your head up and continue fighting throughout.

## LETTERS 2 SELF PROJECT

You don't have to love everything you have gone through but be proud of how you walked through to the other side... and mostly, what you've become.

I am a woman of integrity and strength, of wisdom and faith.  
I am everything that we were meant to be.  
Keep your chin up.

The Older You,  
**KARABO JANE**  
(SOUTH AFRICA)



YOU CAN FIND OUT MORE ABOUT THE **LETTERS 2 SELF PROJECT** a collection of amazing letters from our extraordinary community filled with moving insights and advice about identity, belonging, hope and healing, and so many other topics at the [Conversations 256.com/Letters 2 Self](https://Conversations256.com/Letters2Self)

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ISSUE 03

THE  
BEAUTY  
ISSUE

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Beauty lies in the eyes of the beholder...

What the word 'beauty, truly means