

The Working Daughter Manifesto

This IS your life. It may not be what you planned, but it's what you have. Find a way to embrace it and live it TODAY.

Look for what's GOOD every single day.

There is ALWAYS something good.

Laughter is the best medicine - for the caregiver.

Asking for and accepting help is a sign of strength. Learn to do it with GRACE.

THE ONLY WAY THROUGH IS THROUGH. THERE IS NO GOING under, over, or around. GO NOW!

Perfect is overrated. Caregiving is a JUDGEMENT-FREE zone.

You have the RIGHT to have a LIFE. Your life, your health and your happiness matter as much as anyone else's.

Life is tough but you are tougher.

Let your cape fly WARRIOR.

On the other side of hell is wisdom, perspective and HOPE.

you are a force for GOOD.

The work you do may be unpaid, undervalued and often invisible, but it is the most IMPORTANT work of all.

TOGETHER we are stronger. No one should do this alone.