

# LIGHT TO Be


**A Collection of Pep Talks  
from Story Exploratory Writers**

Presented by Story Exploratory

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# Come Sit By the Fire



I bought firewood and gathered tinder and kindling.  
I organized everything into a careful little pile.  
I crumpled a sheet of newspaper, lit it with a match,  
and gently tucked it into the other fuel.  
I watched and adjust, nudged and waited.  
The flame took hold and grew slowly at first.

But now it's blazing and beautiful.

I relax into a chair to watch and be warm.  
Exhaling, I hear a noise and look up to see you.

There you are.  
You're here. Pull up a seat, join me.  
Come sit by the fire.  
It's lovely here and I'm happy to have you.




*Jen Vincent, Head Story Explorer*

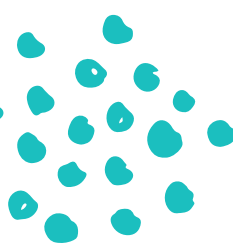







# Introduction



On the following pages, you'll find a collection of pep talks from Story Exploratory Writers. These were written in March 2020 at the beginning of the shelter in place order in response to the COVID-19 global pandemic. We hope you find them uplifting and empowering whenever and where-ever you read them.



The truth is: we all have a light that shines inside of us. Sometimes that light is dim and quiet, other times it shines bright and bold. But like a candle, when we shine, we invite others to shine as well. Light begets light. Enjoy this collection of pep talks and know there is light to be. You are radiant.



# You Got This

Marsha Swartz

The world is spinning and frozen  
at the same time,  
So much to do, yet nowhere  
to go.

Work from home, homeschool,  
therapy, kids, husband,  
lesson plans, teacher, play.  
So much to do, yet nowhere  
to go.

Uncertainty sets in...  
How will you be  
able to do it all?  
What will it “look” like?  
Will it be messy?  
Is that okay?

Is this our new “normal?”  
How long will it be?  
Can I do this?  
YES YOU CAN!!!!

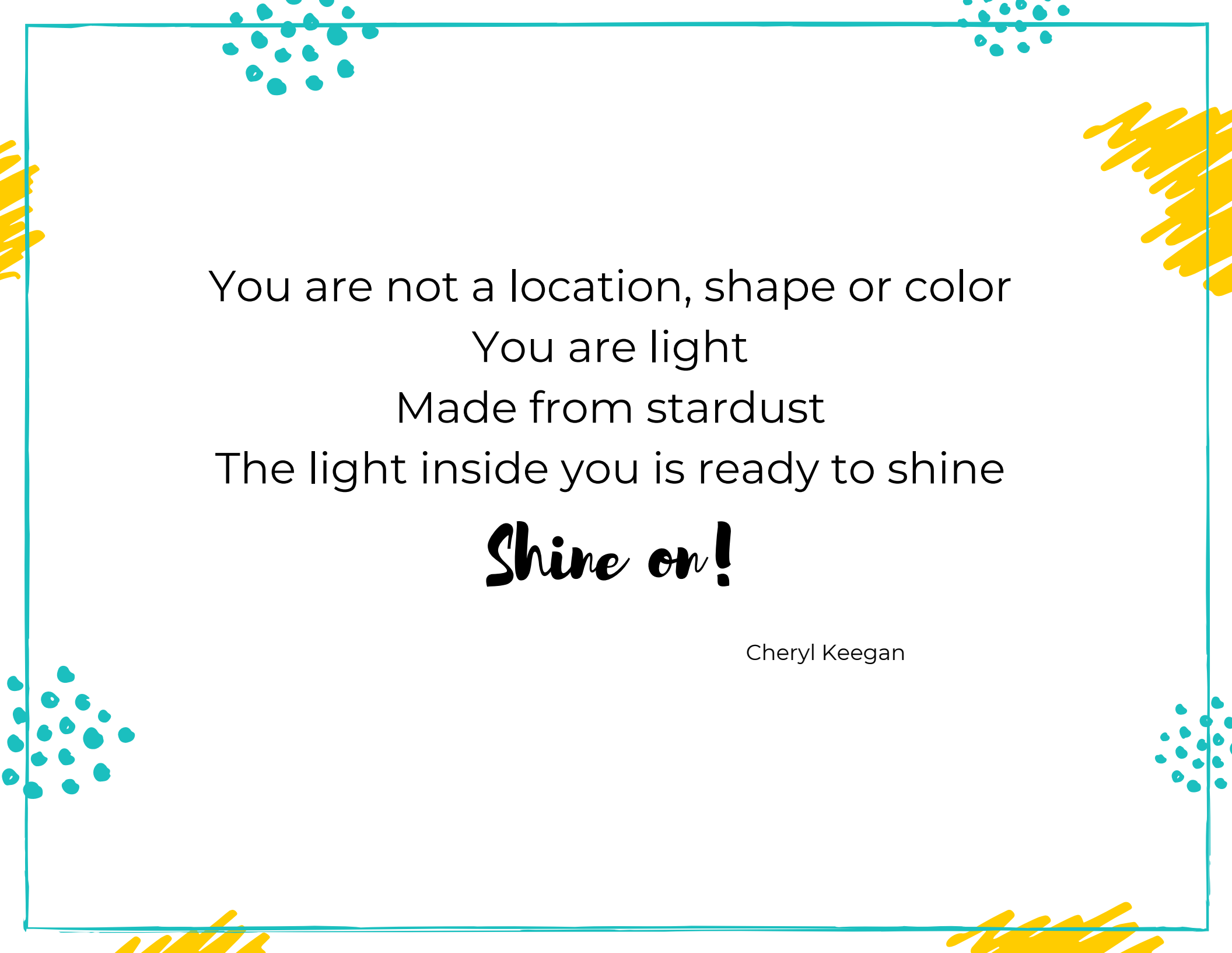
Have COURAGE, have FAITH,  
have HOPE.  
YOU CAN DO IT!

If you can't, others will help.  
Others will encourage  
you and bring you up  
when you are down.

It's OKAY to be SCARED!  
It's OKAY to CRY!

Connect with others, you  
are NOT alone!  
They will be there  
to listen to you  
and encourage you.

**YOU GOT THIS!**



You are not a location, shape or color  
You are light  
Made from stardust  
The light inside you is ready to shine

***Shine on!***

Cheryl Keegan



If there isn't light to bring,  
*then there is light to be.*

Carrie Thomas

# Pep Talk For The World

Lolly Salazar



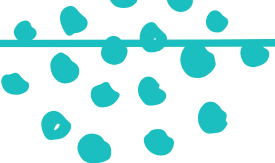
In the midst of uncertainty and trying times---

You are being  
empowered, empowered  
through the highs and lows  
Don't give up; you have so  
much to share  
share your light, it's within you---

*you were born to shine*

You are being  
called, called  
listen to the whispers of your soul  
you have no idea the reaches of  
your being "you"  
light the way for others  
through your actions not  
always your words  
share your light, it's within you

*you were born to shine*



Help others to realize they do not have to be perfect—to let go of perfectionism. Perfectionism holds us back to not be the person we were meant to be.

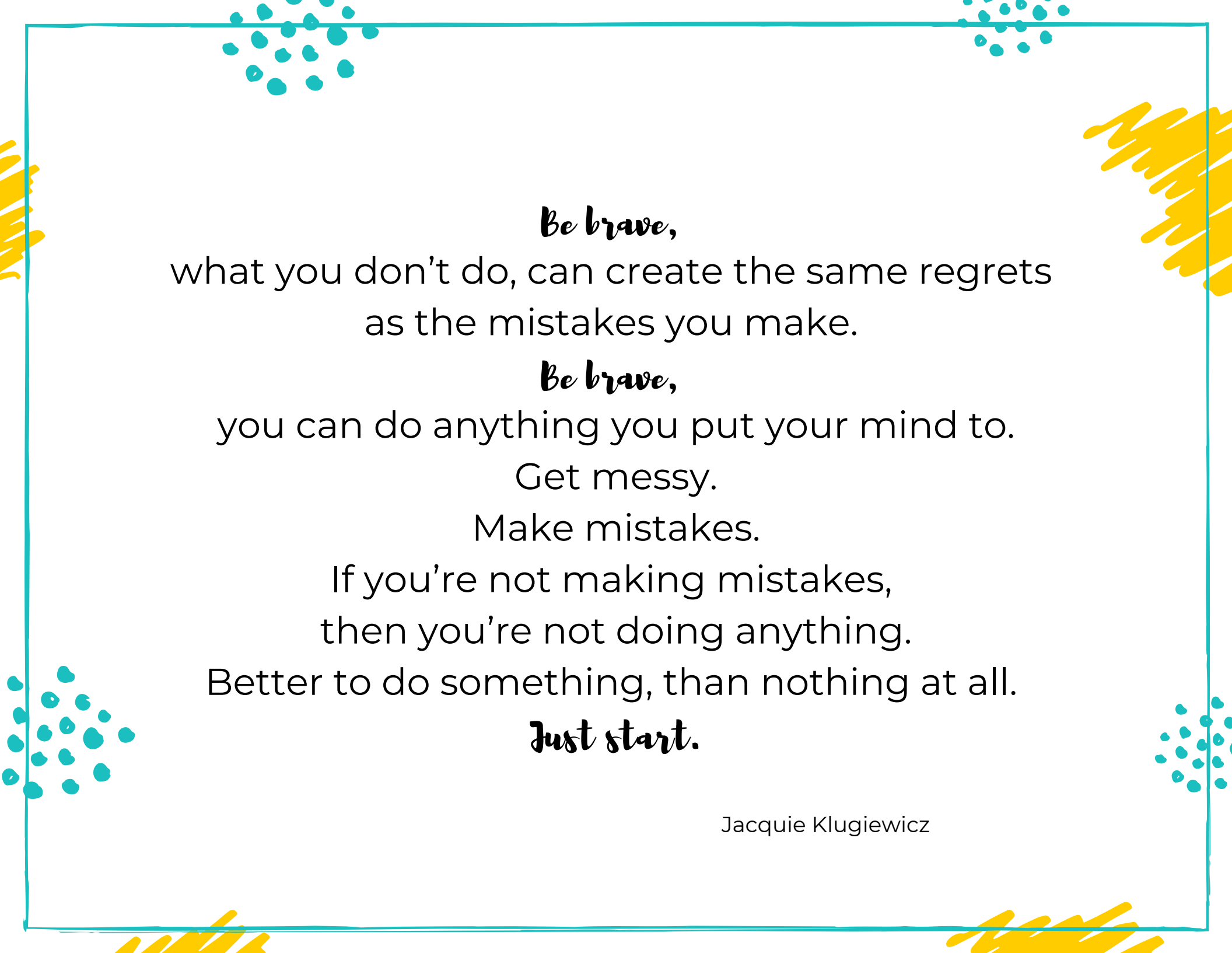
*“Perfectionism is a reason to be perfect.”*

If someone is not talking—there probably is an issue with being perfect and not wanting to fail. Be free to open yourself to criticism—to find that tough skin. To accept that other people do not always like us, and be okay with that. Know your ideas are good and follow through with them. Begin and be counted. Know at all times we will not be accepted—and that is okay. When something goes wrong, keep going and still feel good about yourself.

Jane Jones







*Be brave,*  
what you don't do, can create the same regrets  
as the mistakes you make.

*Be brave,*  
you can do anything you put your mind to.  
Get messy.  
Make mistakes.

If you're not making mistakes,  
then you're not doing anything.  
Better to do something, than nothing at all.

*Just start.*

Jacquie Klugiewicz



# Shine Bright!

Joy Olenick

## *Shine bright!*

You are precisely where you are supposed to be.  
And everyone in your orbit is too.

You are tough

You are strong

But when you are not,  
others will share their strength.

You are cool

You are calm


But when you are not,  
others will share their chill.

You are precisely where you are supposed to be!  
So bring your love, bring your light.

You have more than enough to share!

## *Shine bright!*





Think positive,  
take advantage of this precious time to write,  
edit and improve your stories.  
We are all so different but we all have special stories to tell,  
they can be sad or funny, nonfiction or fiction.

Believe, without doubt,  
that one day your special story will make someone smile.

Be true to yourself,  
*you are beautiful.*

Silvia Jones

Thank you for reading!



For more information about being part of an uplifting and energizing inclusive community, visit our website at [storyexploratory.com](https://storyexploratory.com).

## Contact Us

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