

# UNSHAKABLE



12 KEYS TO RISE ROOTED

FRANCIS OTIENO

# **UNSHAKABLE**

## **12 Keys to Rise Rooted**

**Francis Otieno**

## **Dedication**

For the ones who were told they were too much.

For the ones who learned to carry the weight in silence.

For the ones who keep rising—soft, fierce, and beautifully unbreakable.

This is for you.

May you never again forget your power.

## About the Author

**Francis Otieno** is a writer, storyteller, and a motivational speaker. Through words that ignite and soothe, he reminds others of the strength they already hold within.

He believes healing isn't about becoming someone new — it's about remembering who you were before the world taught you to doubt yourself.

**Unshakable** is his offering to anyone who is ready to stand tall in their light— and root deeper into their own becoming.

## **Intro: You Were Always Meant to Rise**

This isn't just a book.

It's a remembering.

A coming home to the fire you thought you lost — but that was never truly gone.

You don't need to become someone else to be powerful.

You don't need to wait for perfect conditions to rise.

You were always meant to stand tall. To root deep. To glow fiercely.

*Unshakable* was born from the storms—the ones we weathered, and the ones that shaped us.

Each chapter holds a key to the part of you that already knows how to heal, grow, roar, and rest.

Not because you're broken.

Not because you need fixing.

But because you are a living, breathing, ever-becoming miracle.

This is your time.

Not to harden.

Not to hide.

But to rise—rooted, real, and radiant.

Welcome back to yourself.

## **1. Resilience: You Are the Storm and the Shelter**

There are days when the world will ask too much of you.  
When the weight feels unbearable. When your heart feels thin,  
and your hope is paper-fragile.

And yet—  
Here you are.  
Still breathing. Still trying. Still rising.

You may think you need to be unbreakable to survive.

But real resilience isn't armor.

It's not perfection.  
It's the quiet decision to begin again,  
even after everything fell apart.

Resilience is the whisper:  
**“I’ve been here before. And I’m still here.”**

It's how you hold yourself through the shaking.  
How you let your cracks breathe, instead of pretending they're not there.  
It's being your own soft landing while still moving forward.

Let this be the truth you come home to:  
**You don't need to be invincible. You just need to be present.**

You are allowed to cry, crumble, scream—and still call yourself strong.  
You are allowed to be both the storm and the shelter.

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### **Quote:**

*“She stood in the storm, and when the wind did not blow her way, she adjusted her sails.” – Elizabeth Edwards*

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## Your Turn: Rise, Your Way

Think of a time when you made it through something you weren't sure you could survive.

Write a letter to that version of you. Thank them. Remind yourself what they taught you.

Or simply write this and say it aloud:

**“I have survived 100% of my hardest days. I will rise again.”**

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## **2. Voice: Say the Thing. Even if it Shakes**

There's a truth sitting on your tongue.

You've swallowed it too many times.

You've dressed it in silence to keep the peace,  
to stay small,

to avoid the tremble in your chest.

But your voice was not meant to rust inside you.

Every time you silence yourself, a little part of you fades.

And you were not born to fade.

You were born to *resonate*—to speak, to stand, to be heard.

Your voice is sacred.

It's your truth in motion.

It doesn't have to be loud, perfect, or poetic.

It just has to be **real**.

Speak even if it's messy.

Speak even if it's scary.

**Speak because staying silent hurts more.**

And when you do—when you honor the courage it takes to use your voice—  
you give others permission to do the same.

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### **Quote:**

*"If you are always trying to be normal, you will never know how amazing you can be."* – Maya Angelou

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## Your Turn: Let It Out

What's one truth you've been holding back?

Write it down—no edits, no filters.

Let it live on the page. Let it breathe. Let it *exist*.

Then ask yourself:

**What would I say if I trusted I'd be loved anyway?**

Say it.

Even if your voice shakes.

Especially then.

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### **3. Worth: You Were Never Meant to Be Measured**

You were not born with a price tag.

You are not a checklist, a résumé, a follower count.

You are not how much you produce, how you look, or who approves.

**Your worth is not a negotiation.**

It is not earned—it is *inherent*.

But the world taught you to hustle for it.

To prove it. Perform it. Package it neatly.

Smile, succeed, stay small.

No more.

You don't have to earn the right to exist as you are.

You are already enough—before the achievement, before the applause.

Even on your worst day. Especially on your worst day.

**You are not too much.**

**You are not not enough.**

**You are just right.**

Let that truth settle into your bones:

**You were never meant to be measured.**

**You were meant to be known.**

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**Quote:**

*"You alone are enough. You have nothing to prove to anybody."* – Maya Angelou

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## Your Turn: Reclaim Your Enoughness

Write a list titled:

**“Things That Make Me Valuable That Have Nothing to Do With Achievement.”**

Example:

- I care deeply.
- I make people feel safe.
- I’m still here, trying.
- I laugh fully.
- I notice beauty.

Read it back to yourself.

Out loud.

Feel it.

And maybe say this too:

**“I do not have to be more to be worthy of love.”**

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#### **4. Fire: Anger Is Sacred Fuel**

Anger has a bad reputation.  
We're told to quiet it. Swallow it.  
Smile instead. Be "nice." Be "good."

But **anger is not the enemy.**

Anger is the flare that says,  
**"Something's not right."**

It is the sacred signal of your boundaries, your values, your voice.

It's what rises up when you've been silent too long.  
When you've been overlooked, dismissed, or disrespected.  
It's the part of you that refuses to stay small.

**Anger, when honored, becomes clarity.**

**Anger, when channeled, becomes power.**

It can build movements.

It can burn old stories.

It can light the way.

Don't fear your fire.

**Learn to listen to it.**

**Learn to aim it.**

**Let it move you toward what matters.**

Because sometimes, the most loving thing you can do  
is refuse to stay quiet one more minute.

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**Quote:**

*“Our rage is sacred. It is the voice of our unmet needs.” – Audre Lorde*

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 **Your Turn: Feel, Then Fuel**

What's been making you quietly (or loudly) angry lately?

Write it down—raw and unfiltered. No judgment.

Then ask:

- What is this anger protecting?
- What truth is it trying to tell me?
- Where do I need to speak, act, or change?

**Anger is not who you are.  
It's what's asking to be heard.  
So listen—and then rise.**

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## **5. Truth: Your No Is Just as Holy as Your Yes**

There's a quiet kind of betrayal that happens  
when you keep saying *yes*  
while your whole soul is whispering *no*.

You feel it in your chest.

In the heaviness after the choice.

In the quiet resentment that builds with every boundary crossed.

But here's the truth:

**Saying “no” is not rejection.**

**It’s revelation.**

It reveals what you value.

It reveals what you’re no longer willing to sacrifice.

It reveals your **truth**—unfiltered, unapologetic.

Saying “no” doesn’t make you cold.

It makes you clear.

It doesn’t make you difficult.

It makes you **honest**.

And honesty is holy.

Because the most loving thing you can ever offer the world  
is your truth—spoken clearly, lived boldly, held gently.

So give your “yes” freely—when it’s real.

And let your “no” be full of peace, not guilt.

You are not responsible for how others receive your truth.

You are only responsible for not abandoning it.

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**Quote:**

*“When you say ‘yes’ to others, make sure you are not saying ‘no’ to yourself.” –  
Paulo Coelho*

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 **Your Turn: Honor the No**

Think of a time when you said yes, but meant no.  
What did that moment cost you?

Now reflect on this:

**Where in your life is a sacred “no” trying to rise?**

Write it. Speak it. Practice it.

And say this to yourself:

**“My boundaries are not walls—they are doors to deeper truth.”**

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## **6. Hope: Choose Light Even Before It Arrives**

Hope is not naive.

It is not weakness.

It's not reserved for the unscarred or the untouched.

**Hope is a radical act of courage.**

It's choosing to believe in the possibility of light  
even when you're standing in the dark.

Hope doesn't mean ignoring the pain.

It means daring to believe the pain *won't last forever*.

You've carried heavy things.

You've seen endings, heartbreaks, silences that stretched too long.

But somewhere in you, something still reaches forward.

Still dreams. Still wants.

**That is hope.**

It's not about blind faith.

It's about *brave faith*.

The kind that whispers:

**"I don't know how—but I will find a way."**

Let that whisper be enough for now.

Let it remind you that the story isn't over.

That you are still becoming.

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**Quote:**

*“Hope is being able to see that there is light despite all of the darkness.” –*  
*Desmond Tutu*

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 **Your Turn: Light a Match**

Close your eyes. Picture a version of you who is at peace, healed, glowing.  
What do they know that you don't yet?

Now write this down:

**“Even if I can't see it yet, I believe in the light that's coming.”**

Then list 3 small things that remind you:

- The world is still beautiful.
- You are still growing.
- There is still hope.

Carry them with you. Let them be your matches in the dark.

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## **7. Power: You Don't Need Permission**

Too many people are waiting for a green light that's never coming.

Waiting for the invite.

The title.

The approval.

The "okay" to be great.

But hear this:

**You were not made to ask for permission to be who you already are.**

You are the source.

You are the key.

You are the one you've been waiting for.

Power doesn't arrive with status or applause.

It rises when you finally stop shrinking.

When you stop editing your brilliance  
to keep others comfortable.

**Power is owning your presence.**

**It's walking into a room like you belong—because you do.**

It's not about dominance.

It's about *deciding*—to stand, to speak, to move like your life matters.

Because it does.

And the moment you stop waiting to be chosen  
is the moment you realize:

**You already are. By you. And that's enough.**

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**Quote:**

*“I am no longer accepting the things I cannot change. I am changing the things I cannot accept.” – Angela Davis*

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⦿ **Your Turn: Take the Damn Mic**

Write this down and finish it in your own words:

**“I give myself permission to...”**

Say it out loud. Again. Louder.

Feel it move through your body like a declaration.

Now list 3 areas in your life where you've been waiting.

Next to each, write:

**“I no longer need permission to show up fully here.”**

Step into it. Even if your voice shakes.

Because it's yours.

It always has been.

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## **8. Rest: Rest Isn't a Reward. It's a Right**

You are not a machine.

You were not built to run nonstop, to produce, perform, prove.

And yet—how often do you collapse into rest only after burning out?

Only after your body *forces* you to stop?

Only after you've convinced yourself you've “earned it”?

Let's rewrite that story.

**Rest isn't something you earn.**

**It's something you deserve. Just by existing.**

Rest is a boundary.

A declaration.

A sacred pause that says:

**“I choose myself. Before the breakdown. Before the spiral.”**

The world may praise hustle, but your body praises stillness.

Your soul praises quiet.

Your truth often speaks loudest when everything else goes silent.

You don't have to do it all.

You don't have to prove your worth through exhaustion.

**You can rest because you are worthy now.**

**Not when the list is done.**

**Not when everyone else is okay.**

**Now.**

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### **Quote:**

*“Rest is resistance.” – Tricia Hersey*

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### **Your Turn: Reclaim the Pause**

Close your eyes.

Take a breath that's just for you.

No agenda. No fixing. Just being.

Now ask yourself:

- Where am I running on empty?
- What would it look like to give myself permission to stop?
- What do I need that I've been denying myself?

Write this down and say it aloud:

**“I don’t have to earn rest. I honor it. I receive it.”**

Then schedule *one small act of restoration* today.

No guilt. No apology.

Just rest.

Because you're allowed.

## **9. Love: You Deserve the Same Depth You Give**

You give love like it's air.

Freely. Fiercely. Without holding back.

You show up for people in ways they don't even realize they need.

But here's the question—

**Do you offer that same love to yourself?**

Do you hold space for your own softness?

Do you speak to yourself with the kindness you pour into others?

Do you believe you're worthy of a love that doesn't flinch or flee?

**Because you are.**

You always have been.

You don't have to earn love through overgiving.

You don't have to dim your needs to feel wanted.

You don't have to twist yourself to be chosen.

Real love—soul love—doesn't ask you to shrink.

It meets you where you are and says:

**"You are enough. Just like this."**

So let's be clear:

The love you give isn't just a gift—it's a mirror.

You deserve that same depth, that same devotion, turned inward.

Starting now.

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### **Quote:**

*“The love you seek is the love you must first give yourself.” – r.h. Sinfonia*

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### **Your Turn: Mirror the Love**

Write a letter to yourself.

Start with:

**“Dear me, I see how much love you give... and here’s what I want to give you in return.”**

Say something kind.

Say something honest.

Say something you’ve always longed to hear from someone else.

Then write this at the bottom:

**“I deserve love that holds me the way I hold others.”**

And mean it.

Because it's true.

## **10. Faith: Even in the Dark, You're Becoming**

There are seasons where nothing makes sense.  
Where doors close, people drift, and the path ahead disappears beneath your feet.

It's tempting to think you're lost.  
That the stillness is failure.  
That the quiet means you've gone backwards.

But here's the truth:  
**Becoming doesn't always look like progress.**  
**Sometimes, it looks like silence.**  
**Like shedding. Like letting go.**

Faith isn't about always knowing.  
It's about **trusting anyway**.  
It's the voice that says:  
**"Even if I can't see it yet, I'm still moving forward."**

You don't have to feel certain to be growing.  
You don't have to have it all figured out to be aligned.  
You just have to keep showing up—for yourself, for your healing, for your next becoming.

Because something is unfolding inside you.  
Quietly. Beautifully.  
Even here.  
Even now.

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### **Quote:**

*“And when you can’t go far, go deep.” – Morgan Harper Nichols*

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### **Your Turn: Name the Becoming**

Close your eyes.

Think of one area of your life that feels uncertain or stuck.

Now ask yourself:

**“What might be growing here that I can’t yet see?”**

Write:

- One thing you’re releasing
- One thing you’re trusting
- One thing you’re ready to receive

Then say to yourself:

**“I don’t have to see it all clearly to keep becoming.”**

You are in the middle of a miracle.

Hold on.

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## **11. Joy: Let Joy Be Loud**

Joy isn't frivolous.

It's not extra. It's not a reward.

It's *necessary*.

Joy is resistance in a world that profits from your burnout.

Joy is rebellion when you've been told to keep your head down.

Joy is *proof*—that even after everything, your spirit still knows how to dance.

But somewhere along the way, you may have learned to tone it down.

To keep it polite. Small. Quiet.

To believe that your joy made you too much.

Here's your permission to unlearn all of that.

**Let your laugh shake the room.**

**Let your delight spill over.**

**Let your happiness be unapologetic.**

You don't have to wait for everything to be perfect.

You don't need permission, a milestone, or a reason.

Joy isn't what you find *after* the struggle.

Joy is what gets you through it.

Let it be loud. Let it be yours. Let it be *now*.

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### **Quote:**

*"It's not joy that makes us grateful, it's gratitude that makes us joyful."* – Brené Brown

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 **Your Turn: Make Room for Light**

Write a list titled:

**“Things That Make Me Come Alive”**

Big things. Silly things. Secret things. Sacred things.

Then choose *one* and do it today.

Not later. Not when things calm down.

**Today.**

Smile too wide. Dance badly. Sing off-key.

Let joy remind you:

**This life is still beautiful. And so are you.**

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## **12. Rootedness: Rise Without Losing Yourself**

Growth doesn't mean becoming someone new.  
It means returning to who you were before the world told you who to be.

In a culture that glorifies the climb,  
it's easy to chase every version of success—  
only to realize you've drifted far from yourself.

But the goal was never just to rise.  
**The goal is to rise rooted.**  
To expand without forgetting where you began.  
To move forward without abandoning your soul.

You don't have to choose between being grounded and being great.  
You can be both.

You can shine without severing your roots.  
You can evolve while still being anchored in your truth.

Rootedness is knowing who you are when no one's clapping.  
It's choosing alignment over applause.  
It's growing like a tree:  
**Upward, outward, and deep.**

Because real power doesn't come from how high you go.  
It comes from how deeply you're held—by yourself.

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### **Quote:**

*"You were wild once. Don't let them tame you."* – Isadora Duncan

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## Your Turn: Return to Center

Write this down:  
**“I feel most like myself when...”**

List as many answers as come.

Then ask:

- Where have I drifted from this?
- What helps me come home to me?

Now say:

**“I can rise without running. I can grow without leaving myself behind.”**

Be the tree.  
Rooted. Rising. Unshakable.

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## **Outro: You Are the Root and the Flame**

You've always carried it—the strength, the light, the unshakable truth of who you are.

You never needed permission.

You never needed fixing.

You only needed remembering.

This world will try to pull you off center.  
It will ask you to shrink, to doubt, to forget.

**But you are the root and the flame.**

**The steady and the wild.**

**The storm and the shelter.**

When you speak your truth, you rise.

When you honor your joy, you rise.

When you choose yourself, again and again, you rise.

Not perfectly.

Not without fear.

But fully.

And that, more than anything else, is your power.

**Stay rooted. Stay rising. Stay unshakable.**

The world needs your light.

Now more than ever.