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*Speaker 1:* Minds, and that's what waste resources. So to think that that's happening around the world is, is it is unspeakable and it is and it's a waste for the alliance, because what we do know is that as big structuring solutions that are unique to every community at somewhere in the world who doesn't get to exercise that, where that feeling that that temperature when you start with a foundation. Where you're telling a kid very early on that they are valuable, that those words in and of themselves can make a difference. It isn't magic, it isn't money, it isn't resources. And that's what, you know, some families miss, you know, their families who believe that if I can't give my kids stuff, then I should just be quiet and let them be one. The truth is, is that teaching a girl, teaching an individual early on how to use their voice and that their voice matters allows them to then be advocates for themselves as they expand, that they see in the world sees them. And it can be something as simple as I see you and you're beautiful and you're smart. Words actually matter when it comes to our children and we can't be cavalier about it because those are the things that kids take. So if they respond that well to positive input, imagine what happens to every kid that gets the opposite, you know, that is looked over, that somebody tells them to shut up. It doesn't matter who you are. It's those little things that that matter just as much as resources and school fees and bikes and, you know, tuition. It's you know, it's how you cultivate the soul of a child or you can feel like, did that happen? And then if it if nothing good ever comes after that, it reinforces the disappointment that they feel on an ongoing basis. It's like, yeah, they came, they saw the cameras were here, the lights were on, but weeks went by. And, you know, I never heard from them again to them. Will be the thing that they remember, it's not the first visit, it's the second and the third in the fifth visit. So because that's the kind of repetition that you need, that you that you mean what you say of the positive energy. You know, when I make statements, I've said this, you know, how do I get through things? I try to shake off the noise. I tried to drown out my haters and make sure that I'm paying attention to the positive answers. As Julia said, you were the answer in somebody's life right now. Today, maybe it's a cousin. Maybe it's your own child. Maybe it's a neighbor. You know, there are some there's some kid looking at you and you'll be able to reach them much better than I ever will. And yes, I'm Michelle Obama. But you're in somebody's life every single day. That means everything you do and say to the the young people in your lives is shaping them and training them. And that's how I want you all to think, you know, as you build yourself. That's why we're investing in you responsibility. Are you handling it? Are you are you doing what you can? Are you being thoughtful with that mentorship or all that means somebody has nothing. And that's I think that's one of the challenges we have on the planet, is that there are some people who are judgmental about in order to be focused on my work as first lady and raising two kids in the White House, as my staff will tell you, I work three days a week. I was like, I am on three days. And that means when I'm on, that means I have hair and makeup. So they get it all done. I find that for ourselves, but keep that all thing. Out of the mix, you know, what I've learned is that if we take care of our health, life is long. And what you have our chapters, you know. So when I was first lady, I would never have been able to I never did a two week trip like this trip, the same trip to three or four countries. We do that in four days. Crazy, right? Well, that was the choice I made. If I'm going to do this, I'll do this in four days. We will operate on no sleep and then we'll get on the plane and go home and see nothing of the countries that we were in except for the freight elevator and the conference stage. And then you'd go to sleep. And you guys are trying to be all tough and you don't want to talk about anything that out. So for all of you, all you know, I say this because I know and you can feel it because you also juxtapose your life with the people that you're serving and you'll always feel blessed. You'll never feel like you should have joy when people are struggling. But for you all, in order to stay vital in this work, you have to plan joy. You will burn yourselves out and you will be no good to anyone. So I want you all thinking about that. As Julia said, she she is unlike our mothers, right? Aren't our mothers generation like women didn't have joy. You just, you know, did the work. You woke up and you washed the clothes and you you know, my mom wouldn't even go to the hairdresser. She dyed her hair green once. And it's like, mom, just go to the hairdresser. It's like, nah, nah, I, I why would I spend money on store in your own life? You feel like especially if you've achieved success or you're in rooms that you're not supposed to be in, it's just like self-confidence is just like, you know, it's like any internal characteristic. Binit, you know, on I've worked in every sector and I've been a lawyer at a big law firm. And you were told that you weren't. Both things are wrong often times. I mean, I was waiting for it to be hard and for everybody else to be so much smarter. They weren't. They weren't. They were just told that they belong there. Same thing was true. And I applied to Harvard Law School. Maybe I shouldn't be there. Got there. Nope, nope. They're not any smarter than me. So with all the practice of just going into the room that you weren't supposed to be in and being there and occupying those seats and just doing you and knowing that your thoughts are just as relevant, your experiences are just as important, your insight is just as valuable so that you will share it and use it and practice being there. That's the work you have to do. If you feel like an impostor because he isn't giving up his seat easily, he isn't going to just say, oh, I understand you don't feel like you belong here. Well, let me make room for you there so you can't count on somebody else giving you the self-confidence. That's not how we work, you know, and that's why you all are important, because you're not going to do that for some kid in your life. You're going to make sure that they never feel like an impostor. You're going to help them practice a different set of messages. So they aren't sitting here wondering where they belong in places where we need them. We need women and diverse in minds and people who think differently and have different religious beliefs, because whether you belong, because you waste your time in those seats in your whole you all do. The work that we do is selfish. It's the practice of law. Before I met my husband, because actually he was the first person in my life, one of the first people who made me think about my life differently. Until then, I describe myself as a box checker. I did what I thought I was supposed to do because probably as a working class kid from, you know, from the south side of Chicago, my vision of what I could be was fairly limited. You know, my my family was a family of carpenters and jitney cab drivers and, you know, postal workers in a few. And I knew that I needed to get good grades and I needed to go to good schools and be something that sounded fine. That was my thinking. And that led me to Harvard Law School and practicing at a firm. And when I got there at the end of this checkbox, Rainbow, the doing right makes you just be a lawyer, a doctor to be a scientist. Maybe there's like a handful of things you can be. And I picked one and I got a good response from my family, but it had no reflection on what I cared about. And then I met this guy, Barack Obama, that was like fluttering all over the world. And he was a community organizer. It's like, what's that? You know, what does that mean to help other people? You mean you were working in my city, you were from Hawaii, but you're working on the far south side of Chicago in a community. I didn't even know it really existed. And you're making change. And all I'm doing is driving a Saab, making a lot of money. Well, I need to, like, explore myself. It's money, which very people see a bigger war than I saw, because my view is like if they if I couldn't see it, I'm going to help them see it so that they can shape a bigger life for themselves because so many kids around the world are like me or less. Right. They just only know what they see. And it's like, wow, if we can open this up, open up these minds and show kids all that they can be and all the life that they can have. Wow, that's allowed. Well, what are we you know, we did this. We did our time. We did our ears try to make change, did what we could sort of the formal setting. But we're still young. And so what does it mean to continue our work and. What it didn't mean was us sitting in the because if we can take the little bit that we have, these are nice conversations. You're going to go to some workshops. There's going to be talking and you're going to learn some things. And we're going to learn way more from you than you learn from us. But the truth is, is that you all are getting to know each other. You know, this is the community. This is a community of support that you need to do the work. And if we can help facilitate that, because we can get donors like all the people in this room are going to bulb's in your communities and on and on and on. Well, that's way more powerful than just Michelle or Barack Obama continuing to make good speeches in cities all over the place, doing good things and making change and changing the conversation and creating positive energy and telling the truth and building real sustainable work. That's how change happens. And that's that's the vision for the Obama unities. It's almost like if you don't win, you've lost. But the truth is that change their moments of victories. Right? So it's not that you give up, it's when do you say that this even this small victory is worth it? So, you know, you are not going so accept the fact that you weren't you may not see. Any results from the work you're doing in your lifetime, just assume that that just assume that what you're doing isn't going to help you, maybe not even your kids, but it's going to help your grandkids and your great grandkids and your great, great grandkids. I mean, that's how our parents were taught. My father didn't, like, hold down a job at the city for all of his life because he was happy about it. No, no. What he understood that his investment in that crappy job that he had getting up every day and going to work wasn't for him. It was for me. He did it for me. So my father had had had the attitude of, you know, I'm not happy, I'm not making a lot of money. I don't own my own house. So I'm just going to quit. Right. I would not be here. I am his legacy. So the thing I want you all to understand is that every issue you're working on is worth it. It just may be your expectation of what change looks like is a long term view. So you're putting down markers. Everything you're doing in the life of somebody that you're working with is putting down a marker. And if your goal of success is that, nope, we got to win, then you'll be disappointed. That's how we that's where we don't get anywhere. You know, it requires compromise. How do we make change if we don't do it bit by bit by bit by bit. You know, we're we're still not where we need to be in the United States of America when it comes to race of a different thing. Did we fix everything in eight years now? Were we ever going to.