

QUEER JOY SUMMIT 2025

WELCOME TO YOUR UNSEEN REBELLION

A NOTE FROM KATHRYN

Thank you so much for joining me at the Queer Joy Summit and for bringing this workbook into your life. If you're here, it means you're feeling the pressure of the world—the headlines, the political noise, the daily fight for recognition and safety. I see you, and I understand.

I've been in that space, too. As a queer woman of color who has had to build her own table repeatedly, I learned early on that the biggest challenge isn't the outer world; it's the fight against the inner voice that tells you you're not worthy, or that you're not doing enough.

I am here to tell you two fundamental truths:

1. ***You were inherently worthy of existing the day you were born.*** Your worth is not tied to your productivity, performance, or public success.
2. ***You are allowed to be ambitious and seek a life on your own terms.*** Your joy gives you the fuel to fight, build, and pursue the life you envision.

This workbook is your invitation to start your Unseen Rebellion. It's the quiet, powerful work of choosing yourself every single day. This is where we turn inspiration into an ingrained habit.

THE CORE CONCEPT: THE RADICAL ACT OF A SINGLE THING

The Rebellion of Enoughness

Our culture, and often the systems we fight, thrive on telling us we are not enough. They want us exhausted, isolated, and overwhelmed. This workbook is your antidote.

Remember, the word radical comes from the Latin word for root. Your radical act is simply choosing to nurture the roots of your own well-being. It means accepting that you don't have to carry the burden of the entire world; you just have to be intentional about your own life.

The "Do One Thing" Philosophy

The goal of this 30-day journal is simple: One choice at a time. Every day, you will identify and practice four small, manageable acts. These acts are enough. They build the foundation for a life of radical joy and resilience. Here are the four intentional actions you'll track daily:

The Radical Act	The Intention	What This Act Rebels Against
1. Do One Thing for Community	Building Your Anchor: Connect with one person who truly sees and validates your existence. (Chosen family, true friends, trusted mentors.)	Isolation.
2. Do One Thing for Creativity	Expressing Your Truth: Engage in a simple, personal creative act (singing, drawing, writing, cooking). This act is just for you.	Silencing.
3. Do One Thing for Self-Advocacy	Honoring Your Worth: Take one action to set a boundary, rest, or nourish your body and spirit.	Exhaustion.
4. Take One Step Closer	Building the Life You Want: Identify one tiny, focused task that moves you toward your biggest life goals (career, entrepreneurship, personal growth).	Paralysis.

By choosing to do these simple things, you are telling the world: My life is valuable, and I am building the future I deserve.

YOUR LIFE IS THE REVOLUTION: KEEP THE MOMENTUM GOING

Thank you for committing to your personal joy rebellion. Every completed page of this journal is evidence of your resilience and a successful act of protest against despair. You are doing enough. You are worthy of the life you are building.

Joy is an act of Resilience.

Resources for Your Radical Journey

Creative Affirmation:

- You will find three unique coloring pages included with this workbook. Use this meditative practice to reflect on the truth that Joy is an act of Resilience.

Connect with Kathryn & Walton Birch:

- If my message resonated, I'd love to connect. My business, Walton Birch, focuses on web development and data consulting, but our mission is always the same: empowering people to build better systems and lives. Connect with me to see how we center inclusive voices in technology:

Website: <https://waltonbirch.com>

LinkedIn: [in/kathrynrsmith](https://www.linkedin.com/in/kathrynrsmith/); [Walton Birch on LinkedIn](https://www.linkedin.com/company/waltonbirch/)

Facebook: [facebook.com/waltonbirch](https://www.facebook.com/waltonbirch)

Support the Rebellion:

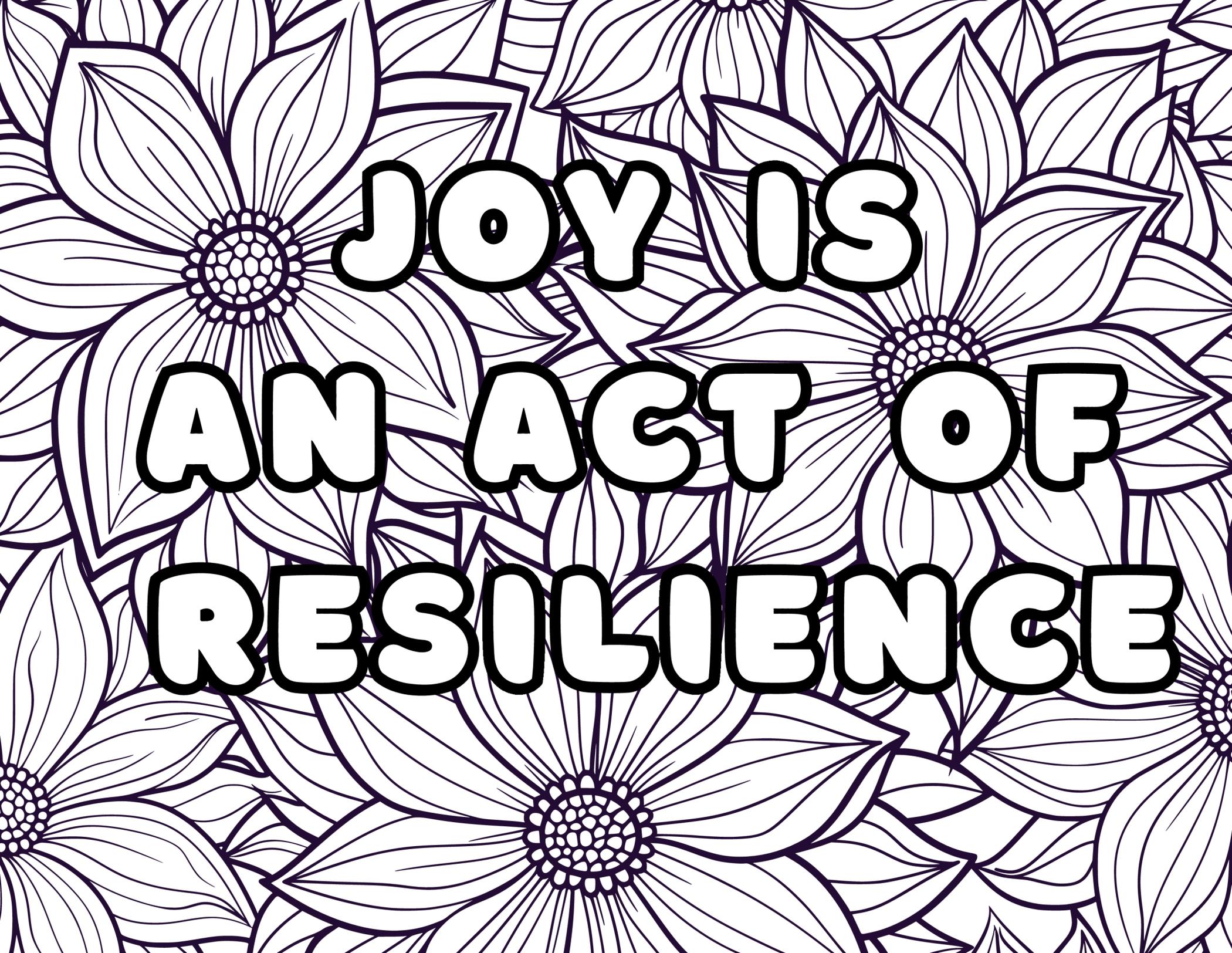
- This workbook is a gift, but if you're called to support the ongoing work of Walton Birch—building tools and platforms that empower marginalized voices—you can buy us a coffee. Every contribution helps us continue this mission.

Support Link: <https://ko-fi.com/kathrynrsmith>

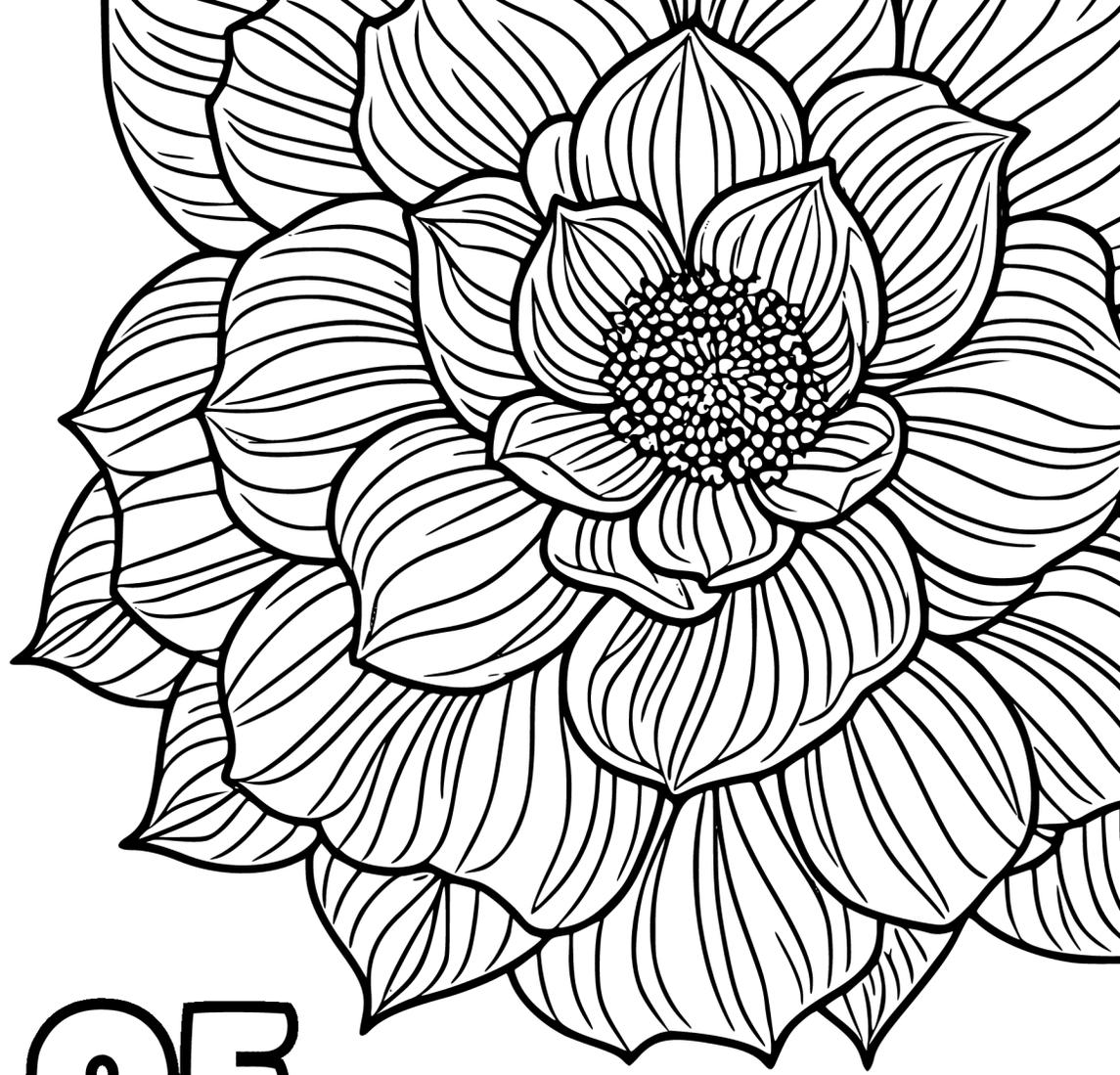
With immense gratitude and belief in your power,

Kathryn Smith

Founder, Walton Birch

The background consists of a dense, repeating pattern of stylized purple flowers and leaves. The flowers have multiple layers of petals and a central circular core with a grid-like pattern. The leaves are elongated and pointed, with fine lines indicating veins. The entire pattern is rendered in a dark purple color on a white background.

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