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## Phenomenal Woman

Jullian Sekona

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I'm a woman, phenomenally.  
Phenomenal woman, that's me.  
You see, I'm a woman  
in a time where being  
a woman is most challenging.  
A time when we wear  
both crowns, a queen and a king.  
When beauty truly is in the  
eye of the beholder.

## Phenomenal Woman

*Jullian Sekona\**

Where thin isn't enough,  
and you've got  
to be nurturing,  
yet tough.  
And, a pretty face will only get you so far,  
because nowadays, us women are raising the bar.  
And I'm proud to say I'm a woman, phenomenally.  
Phenomenal woman, that's me. And I'm proud of the curves God  
has blessed me with. And not just my smile, or my sexy style, but the  
fullness of my lips, the thick in my hips, the curve of my breasts, and  
the beauty that comes with the rest. And you can see the pride I have in  
the way that I walk, in the way that I talk, and in the way I carry  
myself. Strong, demanding, and determined. Yeah, I'm a beautiful  
woman, phenomenally. Phenomenal woman, that's me. Yes, I'm a  
woman with a brain, with the ability to speak for myself. Voice  
my opinions, whether I'm sick, or in good health. A woman  
with goals who strives for success. And, I'm a woman  
who can say, "I don't need a man to take care of me . . ."  
But it sure would be nice. See, I'm a woman who plans  
to move up in this life. I'm a goal-driven, success  
seeking woman, phenomenally. Phenomenal woman,  
that's me. And I'm a woman who appreciates  
the strength of a man. 'Cause there are so many  
things they can do with their hands. Yes, I'm a  
woman who likes to be pleased, and I'm not just  
a tease, and more importantly, you can't hit this with ease.  
'Cause I'm a woman who knows how games are played.  
What words are spoken when they're trying to get laid. I'm a  
woman with knowledge of the world, a knowledgeable woman,  
phenomenally. Phenomenal woman, that's me. And words are not  
nearly enough, and cannot describe how grateful I am for the women  
in my life, and woman throughout history who fought for my rights.  
Women like: Maya Angelou, Susan B. Anthony, Sojourner Truth,  
Coretta King, all women who faced the society sting, who set an example for  
women like me, so that I could be, a woman, phenomenally.  
Phenomenal woman, *that's me.*

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This poem is inspired by, and gives reverence to, Maya Angelou's poem of the same name, "Phenomenal Woman" from *And Still I Rise*. Adopting Angelou's lyrical form, this poem conveys a personal narrative of the tensions between conventional femininity and inner confidence. See Maya Angelou, *Phenomenal Woman in And Still I Rise: A Book of Poems* (Random House ed., 2011)(ebook).