



YOU
ARE
ENOUGH

THAT'S GOOD ENOUGH

To be enough, or to feel that you are good enough, means that you are content and satisfied with who you are. We're often encouraged to be more than, to improve on ourselves and to strive for better things. On the one hand, this can be powerful fuel for greatness but the constant battle for 'more' can become exhausting and extremely damaging to our self-worth. It's important to remember that sometimes being enough is enough!

THAT'S ENOUGH FOR ME

There are four key aspects to being 'enough': Feeling **worthy, loved, valid, and accepted**. Yes, these feelings can be reinforced by others, but they first and foremost have to be grown from ourselves. This means that to feel 'enough' we first need to nurture our foundations of a self-worth, self-love, personal validation and self-acceptance; not go searching for them in the opinions and actions of others. This personal appreciation is vital because we often find ourselves breaking our backs trying to be 'enough' for other people, or comparing ourselves to others. Again, this can be seen as healthy competition but when it starts to negatively impact our mental health and shake our foundations it becomes a toxic exercise.

Self-acceptance is a great way for us to was in our our worth because It helps us to realise that we are enough and project that for others to see. We develop this empowering feeling by embracing what makes us, us; 'imperfections', 'flaws' and mistakes too. We all make mistakes and we all have flaws; they're not meant to destroy us, but should serve as a means to learn, grow and make better decisions without judgement.

LEAVE WELL ENOUGH ALONE

While it's important that we build relationships with other people, we need to be aware of whether the company we keep has our best interests at heart or whether we're being kept around to act as their toxic fuel, to make them feel 'enough' for themselves. We need to ask ourselves whether their presence has a negative impact on us feeling enough; is your self-worth, self-love, personal validation or self-acceptance being challenged when you're with them? If they are, it may be worth taking a step back; making room for friends who love and accept you, perfect imperfections and all.

ENOUGH IS ENOUGH!

Some people may say that accepting we're "enough" implies limiting ourselves to what we can do in life. What a load of rubbish! Knowing that we are enough is empowering! It helps us strive to be whoever we want to be because 'enough' is built on healthy self-worth, self-love, personal validation and self-acceptance. Knowing you are enough creates a clear, strong-minded person and being able to recognise that we are enough makes our personal ambitions limitless and undeterred by negativity, toxicity and self-doubt. So, say it with me... **I AM ENOUGH!**