



You Are Enough

No Matter What Face You're Wearing

By Angela Hall

Here's the thing you have to remember. Feeling inadequate is a state of mind, a bad habit. Like any bad habit you want to change, you have to make a decision every day to make the change until you do it naturally.

I used to leave myself sticky notes everywhere. By my bedside, on my bathroom mirror, even on the dash of my car. I reminded myself that even though life may not be perfect at that moment, I could still be happy and enjoy life.

8 things you **MUST** remember about yourself:

1. You are a miracle. Truly. Think about how life is created.
2. You are unique. There is no one else like you!
3. You are ENOUGH. You have always been and always shall be enough!
4. You are allowed to make mistakes. Learn from them.
5. Obstacles are a part of life. Become an awesome climber!
6. You are perfect - a perfect you - can't compare to anyone. So stop judging yourself.
7. Your kids don't care if they have a home cooked meal every day - they just want to eat!
8. Your kids don't care if you make 1000s, they just want to know you love them.

Remember to love yourself and believe in yourself, if you don't then who else will? Even if you are not entirely convinced you need to tell yourself every day. One day you WILL believe!

On the following page, I want to leave you with some of my 'sticky notes' I used to get me through the hard times. They reminded me of how I needed to think. They helped me learn to look at the positive in everything. Most important of all, they taught me how to be happy again.

Feel free to copy them onto your own 'sticky notes' and post them everywhere! Post them so you will see them everywhere you turn!

*I will be happy,
Content and
Satisfied where I
Am at on the way
To where I am
Going!*

*Like in a
Car, if you
Only look in the
Rearview,
You'll crash!*

*I am
More
Than
Enough!*

*I am
Beautiful!*

*I am
Smart!*

*Think Big!
Dream Big!
Believe Big!*

*I am
Responsible
For my
Own joy!*

*This is my
Life! I
Decide where
It leads me!*