

DAY 1 - YOU ARE ENOUGH

You are enough. Reevaluate the best you've got: you!

You are enough when you're feeling beat to hell. You are enough when you're happy.

You're enough when your skin looks worn-out and grey and you don't feel as juicy and fresh when you were an 18-year old girl.

You are enough when ideas keep coming like the water at Niagara Falls and when your mind feels like a scary minefield.

You are enough with and without clients. You are enough with and without layers of protective fat.

Write it down on notes everywhere. Stick a post-it on your computer.

Keep repeating: "*I am Enough.*" "*I am Enough*" "*I am Enough.*"

