

# I am enough as I am

## **I am enough as I am.**

I am proud to be different and enjoy being unique and special. My uniqueness is an asset that allows me to think outside of the box and achieve new heights.

**I resist the fear of expressing my individuality and grow comfortable with who I am.** I also recognize that my differences make me stronger. I value these differences. They reflect my personality and add spice to my life.

I appreciate that there is only one me, so I am free to be me.

**I acknowledge the importance of looking beyond appearances.** I have a broader perspective on life and strive to see the big picture.

I am open to change. I welcome opportunities that challenge me, expand my horizons, and help me develop new skills. I adapt to changes and keep moving forward.

I consider alternatives before taking action. And I make decisions thoughtfully. **I pay attention to details and acknowledge my**

**mistakes.** I also admit when I am wrong.

I recognize that I need to accept my physical appearance for who I am. I stop comparing myself against unrealistic standards. When I compare myself against unrealistic standards, I end up feeling inadequate.

So, each day, I choose to ignore the fact that humans are imperfect. Instead of focusing on what I lack, I focus on my many gifts. I remember that I am enough.

**Today, I take time to remind myself that I am enough.** I am enough just as I am. And I am worthy of love.

## **Self-Reflection Questions:**

1. How can I build self-love?
2. How can I stop self-judgment and self-criticism?
3. What roles do fear, self-doubt, and lack of confidence play in my life?