

Theme:
Writer:

Inspiration

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It's Okay
To
Need A
Lot Of
Time To
Move On
From
What
Hurt You

I don't know what happened to your heart, but please, don't hold your love back. There are cracks that need to be filled with your love and only your love can fill them. I don't know what happened to your heart, but please, be strong in who you are. And please, **don't let the actions of another convince you that you are not good enough as you are.** There is eternal love in your heart and it is always protecting you.

There are places you need to go because you deserve the love you'll find there if you give your soul permission to go. You will know when someone is not worth your energy. You will know when someone is not worthy of the love you have to give. Trust your intuition. *We are all worthy of love* but only certain souls are meant to love certain souls.

I don't know what happened to your heart, but please, keep loving. Your love is never wasted. Your love is always seen even if it is not received to the depth you are giving it.

I don't know what happened to your heart, but please, remind yourself that it's okay to need a lot of time to move on from what hurt you.

It is so important to not give your heart away too soon. It is so important to rest and reflect. It is so important to take time to heal and grow. You deserve all of the time you need to heal from what hurt you. You deserve all of the time you need to be open to love again. It's okay to feel hurt. All along it wasn't your fault.

There is no rush when it comes to finding the person you are meant to be with. I know it feels like a rush. I know it hurts when the people around you are in love and you're not. Maybe sometimes it feels like the world is falling in love and you're alone wondering why you're alone. In those moments of being alone, I hope you

remind yourself that **you are beyond worthy of the love you desire**. Write it down if you don't believe it. I hope you know there is nothing wrong with you. You are not difficult to love. You are not any less than the people you compare yourself to. You are completely enough just as you are.

Growth is tiring, but growth is so important. Please, let your love overflow through you before you give it away. One day the sunrise will wake you up and you'll be laying next to someone in awe they are yours.