you are enough.

vp written by:



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you are enough.

vp wright

to all the young girls who were always told they were never good enough.

"be the role model that you needed when you were young."

growing up i allowed people to tell me words that not only *broke* my spirit but internally darkened my soul.

i hated myself.

i used to come home crying to my parents. i would ask why i wasn't liked by people. why i was different. why i couldn't "be like everyone else."

by the time i was twelve years old, i was suffering from depression, anxiety, and had suicidal thoughts and tendencies that followed me into my collegiate years.

i was absolutely broken.

i was in need of serious encouragement and mentorship that i personally did not receive until i went off to college and began finding myself through my education and personal development. what i was blessed with -- and what ended up saving my life -- isn't always available to girls and young women like me. in fact, it was almost impossible to find the words i needed to hear prior to leaving my adolescent years.

i wish i had these reminders with me when i felt like *i* wasn't enough. when i felt like i wasn't pretty enough, worthy enough, or good enough for positive things to occur in my life. when i felt like i didn't deserve to be happy. i always felt like i had to work ten times harder to get two steps forward, only to be thrown back again.

you deserve *grace and mercy*. you deserve *forgiveness*, so please start learning how to forgive yourself. please remember that there are things in life we cannot control, and that the universe is so massive that the little things won't matter tomorrow. please remember to smile more.

please don't let anyone outside of you control your quality of life. there are only so many days you have on this earth. you deserve to spend them happy. i hope this book reaches you at the precise moment that you needed it.

i hope you keep a copy in your purse, backpack, on your phone, or on your tablet. i hope you pull it out when you need to be reminded that you are more than enough.

i hope my words are what you need to see. i know for me, what i know now would have saved me so much time, tears, and heartbreak as a child.

but if i hadn't experienced the hurt then, i never would have healed and been able to share these words with you now.

you deserve to be here. you matter.

- vp wright

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i couldn't say these
words to
myself,

hopefully writing them will help heal someone else.

- vp wright

you are enough.

you are enough.

you are *more* than enough.

please, don't let anyone else tell you other wise. you are unique.

you are unique.

you were made to be your own being.

no duplication could come close to your preciseness.

you are perfect.

you are perfect.

and no,
i don't mean
the kind of
photoshop perfection
you see on
magazines
and
ty screens.

i mean perfectly
in your space,
every hair on your head
placed,
your
crooked smile
brightens days
and you don't need
likes and comments
to take someone's
breath away.

you are intelligent.

you are intelligent.

and your intelligence only adds to your ability to shine.

your quest for knowledge is admirable and craved by others.

you're teased for raising your hand too often,

yet no one ever compliments you for wanting more than to know enough.

you are wanted.

you are wanted.

it may not seem like it, but you are.

i know right now feels lonely and you can't seem to find someone who gets you.

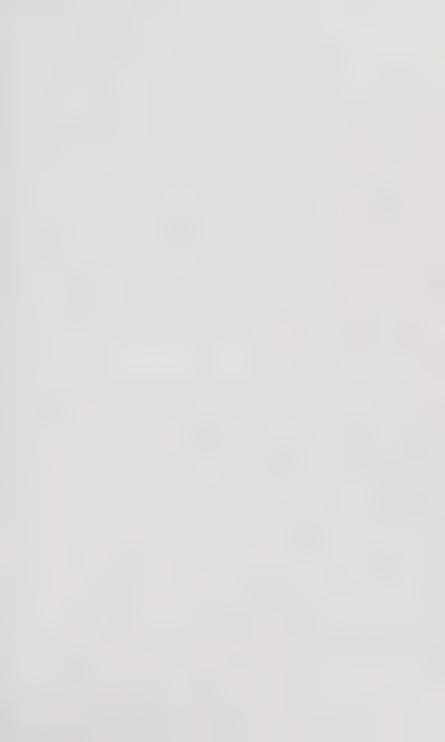
you can't seem to find someone who is into you as much as you are them. and it may be hard, but one day they will come.

and you won't feel lonely anymore.

the best thing you can do right now

is work on becoming whole for yourself

instead of waiting and wanting for someone to make you feel whole.



you are worthy.

you are worthy.

you are worthy of life.

no matter the color of your melanin, the way your body moves or how it doesn't.

no matter
the thoughts
in your head
created by others.

no matter what society says about who you are, where you come from, or what you do.

no matter
who may
like you
or
not like you.

no matter if you look like. talk like, act like, other girls of your race or don't.

no matter your ambiguous features.

no matter your sexuality or gender expression.

no matter
if the so called
"Christians"
on the corner
say God hates you.

no matter if you are poor and broken.

no matter the sin that covers your spirit.

no matter what matters, all that matters is the love you are worthy of.

you are compassionate.

you are compassionate.

you were there when no one else was.

when new students were scared of their environment.

when bullies wouldn't leave your friends alone.

when teachers didn't believe in you or your classmates.

when someone needed you to be their voice.

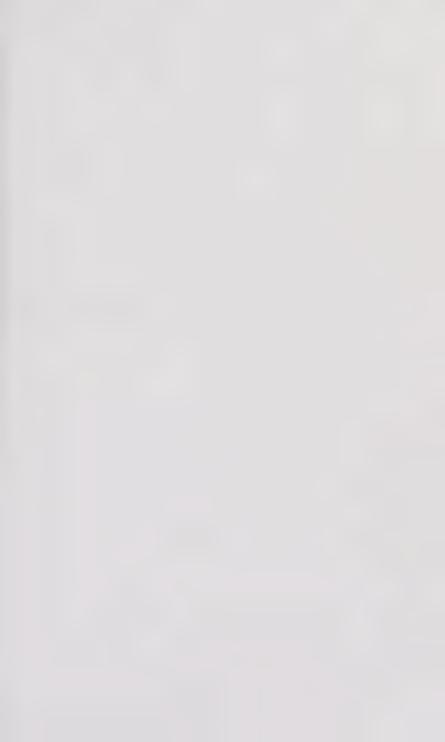
you were there when it was just you alone.

facing a large world for the sake of others who were afraid of deportation or misrepresentation.

before
activist culture
was in
and
protesting
was fashionable.

you were there to make a difference.

don't let the world snuff you out.



you are a healer.

you are a healer.

you have the ability to bring peace over those ridden with anxiety, depression and illness.

you contain
ancestral knowledge
passed down
from your mother
and her mother.

they tried to rid you of your culture, your history,

yet they need you to guide them through sickness and health. you are powerful.

you are powerful.

you have the power to give birth to life.

the power to influence peace and war.

the power to be more than a mother,

but a leader, a teacher, a lover, a fighter.

you are what changes cultures and are often not given the credit.

you can be president or vice-president but the choice on which one it will be, will be yours and not theirs.

you have the power to run a company while raising your family.

you have the power to guide your household in love and faith.

you have the power to seduce and conquer.

you have the power to be unstoppable.

you have more power than you thought you did,

and the only reason you haven't wreaked havoc on those who told you you didn't have said power,

is because you believed them.

you are beautiful.

you are beautiful.

in case no one told you, please do not forget.

don't let anyone tell you that you are not.

don't let social media dim your light or gray your sway.

don't nitpick away at what you call your "flaws."

you are made in an image far greater than anything in this universe.

you are able.

you are able.

you can do anything you put your mind to.

through

time and determination,
through

consistency and hard work,
through

prayer and patience,

you are able
to do
whatever you want
to do
just continue to

push through.

you are loved.

you are loved.

you are loved by
a creator
we will never see
while living
but will inevitably see
in death.

you are loved by friends and admirers.

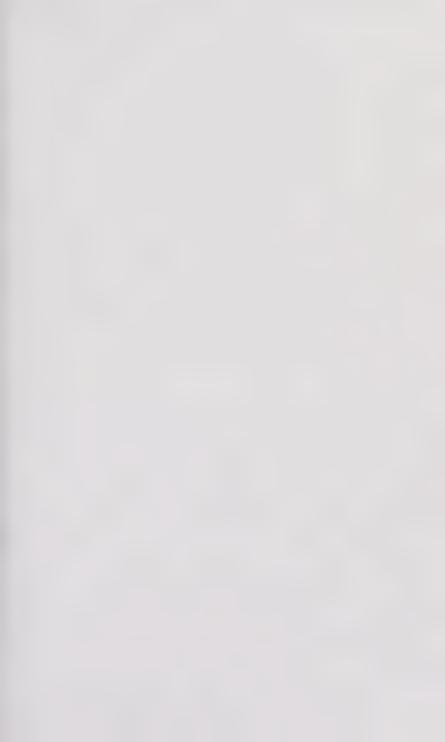
you are loved by a planet that gives you air to breath, water to drink, land to inhabit, and materials to create with.

you are loved by the sun. it shines down on you and makes your melanin pop all year long.

you are loved by vultures who steal your culture while watching you from afar.

you are loved unconditionally in so many ways,

yet you placed conditions on yourself because someone taught them to you.



you are warm.

you are warm.

you make your lovers melt into your essence.

you have a fire in your heart that burns brightly.

people turn their heads when they feel your presence.

yet you believe you're only noticed slightly. you bring joy.

you bring joy.

your laugh is infectious. your jokes -no matter how awful -always bring a smile to someone's face.

you're no class clown, but your humor is appreciated.

you make someone's day, everyday.

you are loyal.

you are loyal.

you can be counted on.

you are appreciated even if no one has told you so.

someone can call you and you'll pick up the phone.

someone can depend on you to be a shoulder to lean on.

i know it feels like you don't have that for yourself.

i know how isolating it feels, to be used but not heard. you are honest.

you are honest.

you tell the truth.
even when you know
it may hurt
someone you care about.

even though it may break someone's heart.

even though it may make someone uncomfortable.

you are blunt.
you don't hold back.
you are not a bitch.

you just value *truth* over *bullshit*.

you are pure.

you are pure.

you were violated and abused, but you are not a victim.

you are a *victor*.

you are a *survivor*.

you are *pure*.

you are worthy of love and affection.

your body is a temple. untainted, and built on a fruitful foundation.

you are more than what they did to you.

you are a protector.

you are a protector.

i know it feels like you have to work harder than your peers over and over again.

you have to prove yourself repeatedly, in order to be believed that you are capable.

you have to out yourself in order to evaluate if you are truly in a safe situation.

you have to constantly wear your identity on your sleeve in order to protect yourself.

you've mastered the skills of codeswitching and picking your battles when you find yourself in places not friendly to you.

you know how to defend yourself if attacked physically, mentally, or emotionally, because you had to learn.

your cautious of
people
when earning your
trust,
because you've been hurt
before.

you are stronger
than you give
yourself
credit for
and it's all because
you learned
lessons
you thought would
break you.

you became your own bodyguard when the one you trusted failed you.

you are brave.

you are talented.

you are talented.

don't let rejection deter you from developing your gift(s).

you put in time and effort in perfecting your craft.

not everyone will appreciate how much pressure you had to put on yourself to make a diamond. you are human.

you are human.

perfect by design, yet, imperfect by your decisions and actions.

you make mistakes, and that's okay.

you will fail, but you are not a failure.

you will fall, but you will not stay on the ground forever.

rock bottom isn't so bad when the way back to being okay feels so good. you will hurt, but you will heal.

there will be battles you will lose, but the war is not over.

you will live.
you will win.
you will succeed.

life is not easy and it never will be.

but it is worth it.

it is always worth it.



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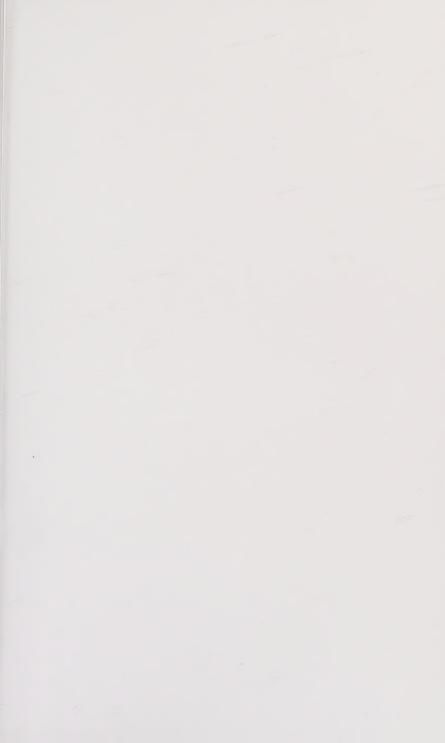
#diaryofablackmillennial



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this is a love letter;

to the girl who believed she wasn't good enough.

to the young woman who was hurt after she communicated her heartbreak.

to the person who lived in fear because they were born a certain way.

you are enough.



