

I Am **ENOUGH!**

Because I Am The Best Me I Can Be!



By Tracie Johansen



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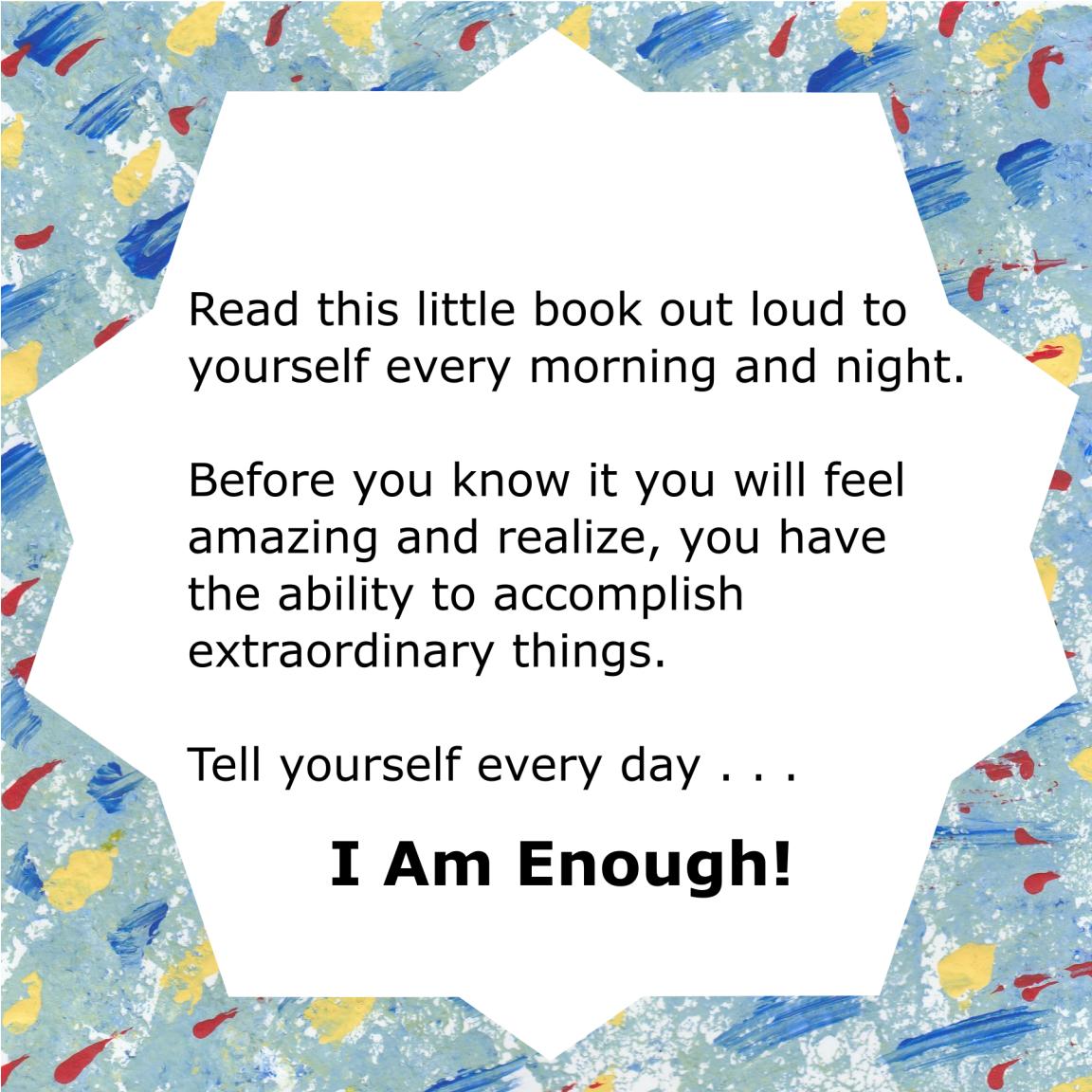
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I Am Enough

I Have Confidence In Me!

Story and Graphics By Tracie Johansen

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Read this little book out loud to
yourself every morning and night.

Before you know it you will feel
amazing and realize, you have
the ability to accomplish
extraordinary things.

Tell yourself every day . . .

I Am Enough!

There is nothing I'm not able to do If put my mind to it and refuse to give in, I can make beautiful music like a violin. Yes, I am enough and I am complete, I am no longer willing to take a back seat.

No matter how difficult things may seem, I will keep on working and achieve my dream. I believe in myself and my ability to be tough, because I know I am special and I am enough.



Believing that as long as I have a goal that
is good I will be able to achieve it . . .

NO MATTER WHAT!

I can keep on going and

FOLLOW MY GUT!



I know that
**I AM ABLE,
HAVE POTENTIAL**

and
I AM SMART,

and I am capable of finishing
EVERYTHING I START!

When someone says something that is

REALLY MEAN

I feel like a

CAT CHASING A

BALL OF STRING,

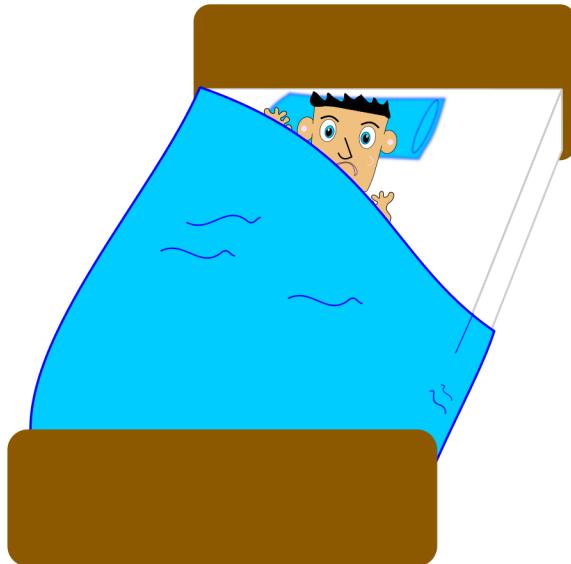
and I am not important, just

SOMEONE'S PLAYTHING!

So I calm myself down because
I KNOW IT'S NOT TRUE,
I refuse to let somebody say things to me that
MAKE ME FEEL BLUE!



Sometimes I feel like
CLIMBING BACK INTO BED,
I just want to pull the covers
RIGHT OVER MY HEAD!



I know I must get out of bed and
GET INTO THE SHOWER,
and think only
POSITIVE
THOUGHTS
to regain
MY POWER!



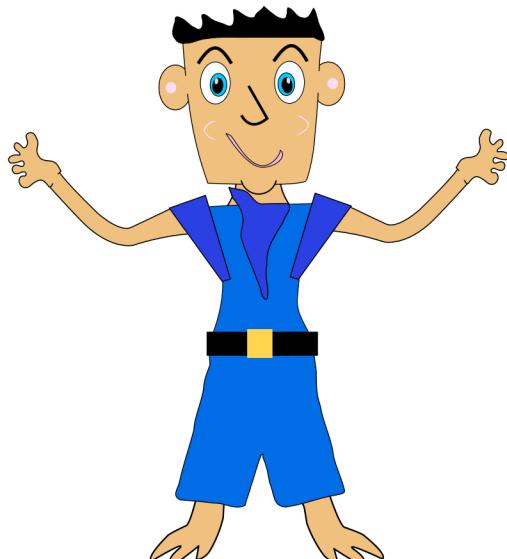
I know no matter what I want to do,
if I stick with it, I will pull through.

Even if the things I do are . . .

NOT UNDERSTOOD,

I will keep on going because I know . . .

THEY ARE GOOD!



Yes, I am capable of doing whatever I put in my
MIND TO ACHIEVE!

Because

I AM ENOUGH

and

I BELIEVE!



I do not allow my
ACCOMPLISHMENTS
to be
COMPARED
to what
OTHER PEOPLE CAN DO,
because I know that
I AM UNIQUE
and have
MY OWN DREAMS
TO PURSUE!

TO

I know no matter what other people think, I will not give into peer pressure and allow myself to sink.



I feel so **NERVOUS** and have
SHAKY KNEES,
I am

**STUCK IN
ONE SPOT,
I CAN'T MOVE
and
I FREEZE!**



I feel so frightened so I take a few deep breaths and unfreeze, it's kinda like the relief I feel when I finally sneeze.



Then I know everything is going to be okay, I know I can keep going and I will never stray.

I am
LOVING
and
KIND
yes, I am
TRUE BLUE,
and I
GIVE MY BEST
to
WHATEVER I DO!

I respect others and show genuine concern,
and all is ask is the same in return.



I will not be broken or made to feel I'm not
enough, I will muster up all my strength,
face my fears and I'll be tough.

My ideas come in waves like the flickering

LIGHT OF A CANDLE,

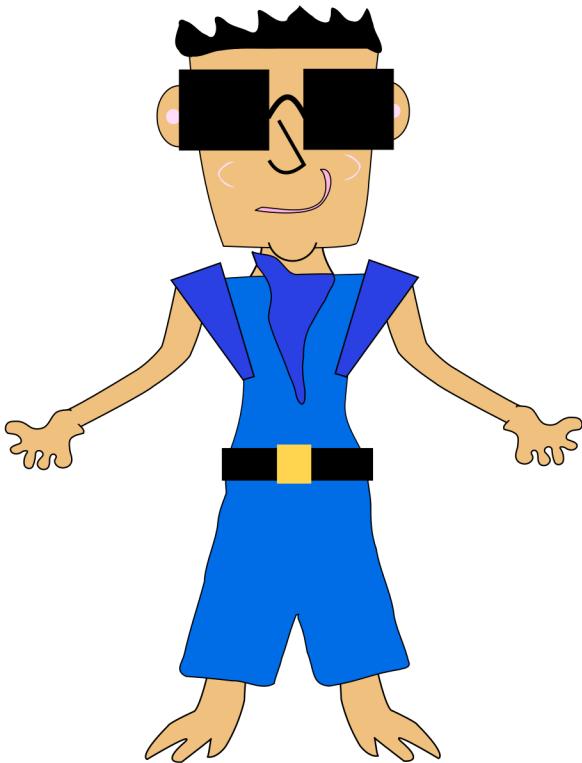
and it keeps me

GOING STEADY

so I don't take on more than

CAN HANDLE!

I know I can achieve whatever I believe to be true, as long as I keep going and see things through!



When I accomplish things and I'm proud
of me, it gives me the sensation . . .

I AM FLYING and **I AM FREE!**



I AM SMART AND AMAZING

yes,

I'M THE REAL STUFF,

because

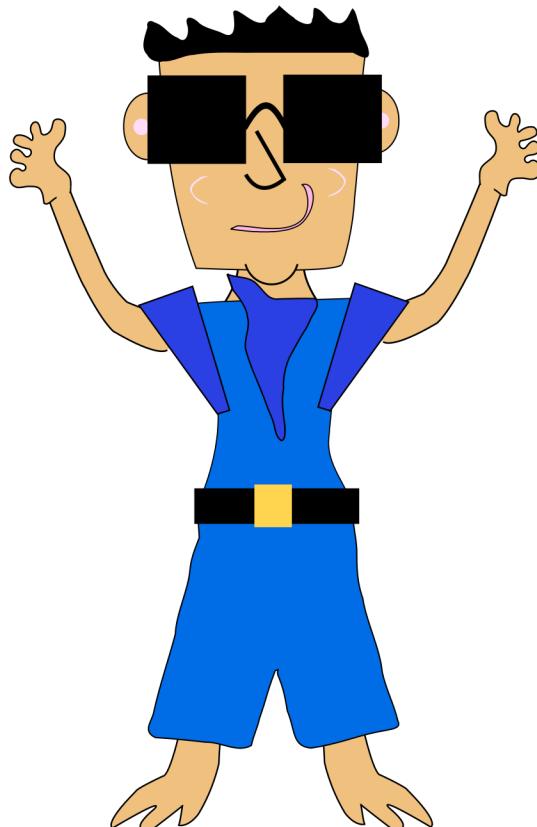
I AM VALUABLE

and

I AM ENOUGH!

I feel such elation when
I STAND UP FOR MYSELF,
I won't be
PUSHED DOWN
or
PUT ON A SHELF!

Because I am important and I have so much to give, I know in my heart I deserve to live.



I feel so great when I realize no matter what anybody says about me, I can ignore it and know down deep in my soul that I am special as can be.



Even when the things I attempt to do
SEEM TOUGH,
I will remind myself
I CAN DO IT
because
I AM ENOUGH!

I welcome a hug from a loved one that
brings a sparkle to my eyes, because
I know they love me and won't criticize.



I will do whatever it takes to

STAY UPBEAT,

I will not

BACK DOWN

or

BECOME OBSOLETE!

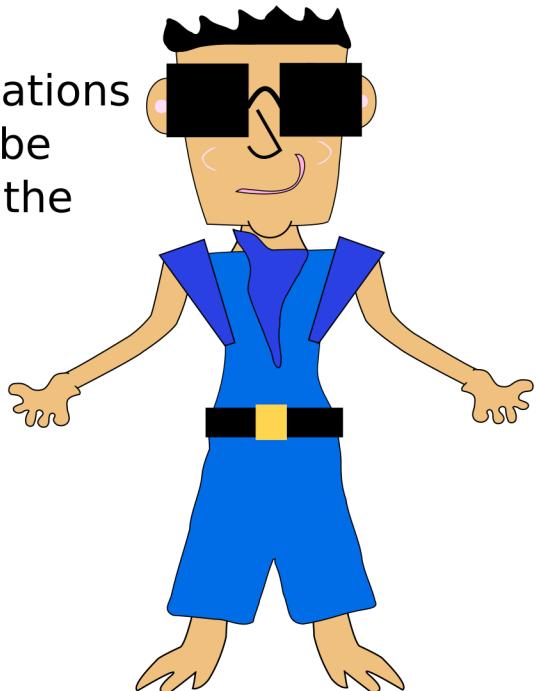
My goal is to stay
FOCUSED
and be as
BRAVE
as I can be,
so I can live my life
FEELING POWERFUL
and
CAREFREE!

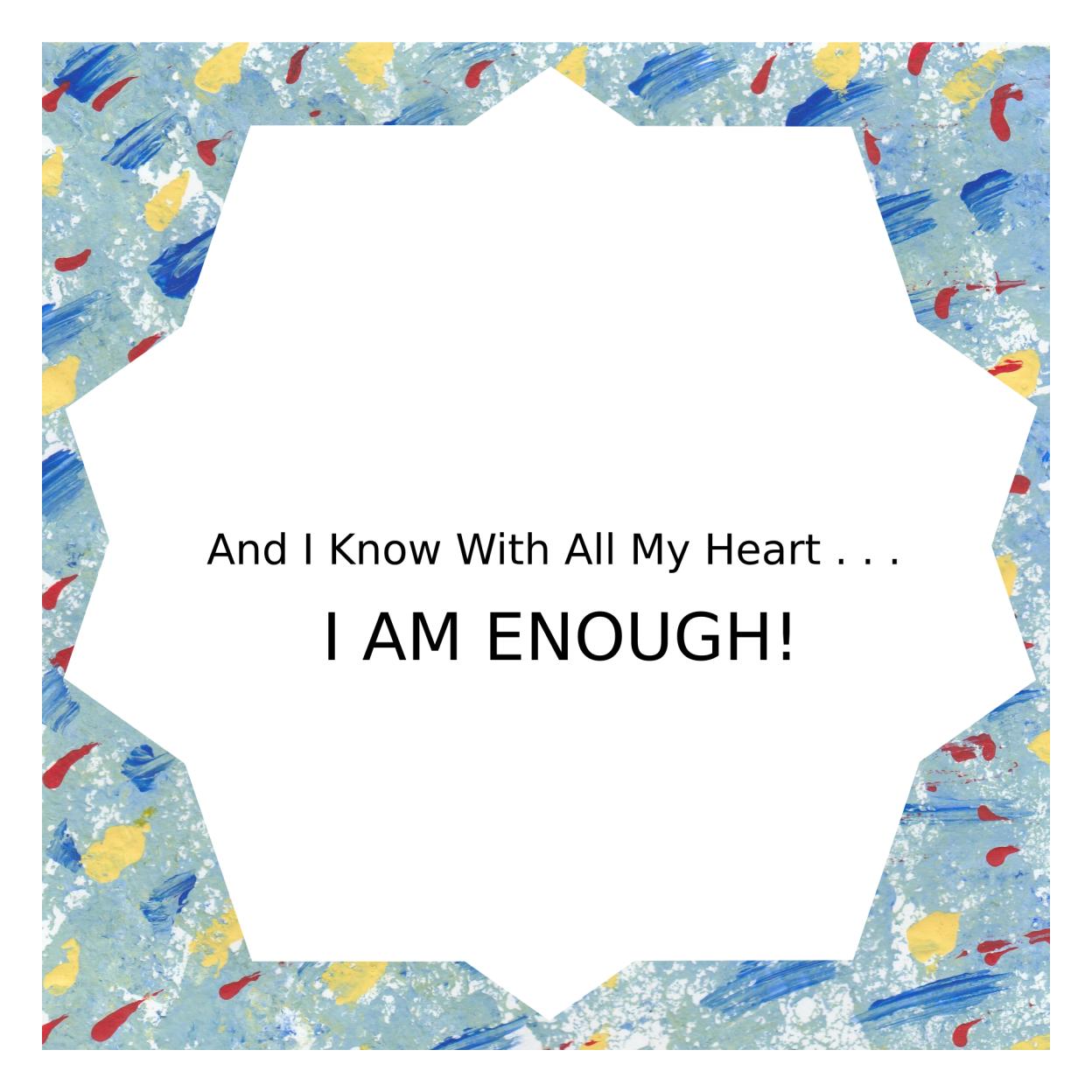
When I accept and love myself, I feel totally fulfilled and free, and that is when I know I am exactly what I need to be.



When I catch myself saying I am not good enough, I will remind myself I have all the right stuff. I am determined not to let anybody make me feel bad, or tell me I'm nothing or make me feel sad.

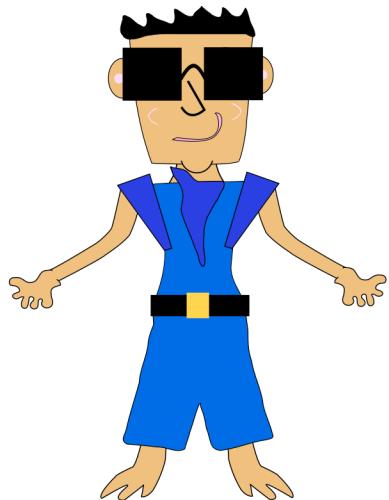
My mind has no limitations and my abilities can be developed and grow the more I believe. And I know it is possible to achieve anything I can conceive.





And I Know With All My Heart . . .
I AM ENOUGH!

Come visit me and all my positive friends at:
AzpazazBunch.com

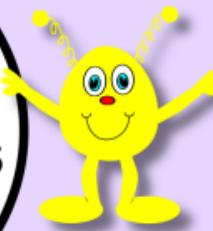


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