



WE ARE ENOUGH!!

ENOUGH

I AM STRONG

TO CARRY THE WORLD ON MY SHOULDERS. VULNERABLE

ENOUGH

TO ASK FOR HELP WHEN I

ENOUGH

STUMBLE HUMBLE

TO ADMIT MISTAKES I'VE MADE. CONFIDENT

ENOUGH

TO LAUGH AT MYSELF ON GOOD

ENOUGH

DAYS AND BAD. WOMAN

TO TAKE

IT ALL AND GIVE IT ALL.

I AM ENOUGH.

...OVER WHAT OTHERS THINK.

WE THEM TO THEIR OWN IMPROVEMENTS.

THEM WALK AWAY IF THEY CHOOSE.

BE SERIOUSLY, BE STRONG AND KNOW IT.

1. THROUGHOUT YOUR LIFETIME SOME PEOPLE

REASON AT ALL. DON'T CONSUME YOURSELF AT ALL.

CE IN YOUR HEART TO HATE THEM. YOU DON'T HAVE TO

FOR NOW YOU DECIDE TO INTERNATIONALIZE THEIR OPERATIONS -

ARE YOU NOT FOR WHO THEY WANT YOU TO BE. OR LET THEM

THEY WERE STAMPING THAT IS FAULTY. NOT YOURS. VERY

AND: SAY NO AND REFUSE TO LET OTHERS HURT YOU. TALK

THIS: SPEAK OF HIM TO OTHERS NOW. FIRST
YOU AND THAT YOU COULD NOT GET
TO GO TO THE

YOU WOULD THINK I'D GO TO LOOK FOR THE AFFLUENT IN THEIR COUNTRIES AND BOO-T MAKE ANY GOOD INVESTMENT

**THEY'VE APPROVED. AND BOLT! MAKE HIM SPICE UP YOUR MEAT
LOK OR YOU'LL BUT YOU DO HAVE CONTROL OVER HOW YOU DECIDE**

MEETS PEOPLE YOU LOVE YOU FOR WHO YOU ARE AND GET TO KNOW. BUT YOU DO HAVE SOMETHING OVER HOW YOU DECIDE.

BOO! THEY CAN'T HARM YOU EITHER WAY. IT'S THE WAY YOU FEEL.

[illegible]

IS KNOWLEDGE ENOUGH? TAKE YOUR STIMULUS. PEOPLE WILL DISCERN IT. DISRESPECT YOUR OWN

E SOMETIMES YOU GET THE DISRESPECT OF YOUR OWN PEOPLE.

BUREAU OF INVESTIGATION
 WILL TRY TO CHANGE THEM OR WILL INVESTIGATE
 TO HAVE CONTROL OVER WHAT OTHERS THINK ABOUT
 GOVERNMENT.

**DON'T HAVE CONTROL OVER WHAT OTHERS THINK OF YOU. BUT
DO HAVE CONTROL OVER THEM TO THEIR OWN HYPOCRISY.**

THEIR OWN JUDGMENT. LET PEOPLE

SO TO BE OK WITH NEW WALK WITH THEM CHOICE. THEY CAN

...ITY. NOT YOUR, KENROUSY, BE STRONG AND K...

• STAYS WITH YOU THROUGHOUT YOUR LIFETIME

FOR NO APPARENT REASON AT ALL. DON'T CONSULT YOURSELF WITH TRYING

BUT BOB-T-BOB!

DO HAVE CONTROL OVER HOW YOU DECIDE TO INTEREST THEM IN THEIR OPINIONS. LET

IF YOU FORGIVE WHO ARE NOT FOR WHO THEY FORGIVE YOU A. OR GET THEM

ON EITHER SIDE. IT'S THEIR UNDERSTANDING THAT IT'S THEIRS, NOT YOURS. SERIES

IT'S YOUR TURN TO SPEAK UP AND MAKE A DIFFERENCE.

YOU. DISRESPECT YOU AFTER THAT YOU POORLY FOR NO APPARENT REASON IN A

PLACE THEM ON THE APPROV. AND DON'T WASTE ANY SPACE IN YOUR HEAD.

WHAT OTHERS THINK OF YOU. BUT YOU DO HAVE CONTROL OVER HOW YOU DECIDE

NEVER QUITS NO MATTER HOW MUCH IT SNOWS WITH INCREDIBLE PRODUCTS BY A TEAM THAT KNOWS HOW TO TAKE YOUR STUFF ANYWHERE.

OUR YOUTH WILL BE ONE PEOPLE WITH DISCREDIT YOU. DISRESPECT YOU AND TR

DON'T CONVINCE YOURSELF WITH TRYING TO CHANGE THEM OR WIN THEIR APPROVAL

[illegible]



Seriously, be strong and know when enough is enough. Take your stand, speak up and refuse to let other hurt you. Throughout your

lifetime some people will discredit you, disrespect you and treat you poorly for no apparent reason at all. Don't consume yourself with trying to change them or win their approval. And don't make any space in your heart to hate them.

You don't have control over what others think of you, but you do have control over how you decide to internalize their opinions. Leave them to their own judgments. Let people love you for who you are and not for who they want you to be. Or let them walk away if they choose. They can't harm you either way: it's their understanding that is faulty, not yours.

It's not vanity to feel you
have a right to be beautiful. Women are taught
to feel we're not good
enough, that we must
live up to someone
else's standards. But
my aim is to cherish
myself as I am. – Elle
Macpherson



AS LONG AS YOU LOOK FOR SOMEONE ELSE TO
VALIDATE WHO YOU ARE BY SEEKING THEIR
APPROVAL. YOU ARE SETTING YOURSELF UP FOR

YOU HAVE TO BE
DISASTER.

WHOLE AND COMPLETE

IN YOURSELF. NO ONE CAN GIVE

YOU THAT. YOU HAVE TO

KNOW WHO YOU

ARE – WHAT OTHERS SAY IS IRRELEVANT.



The fear of being inadequate is the one that you should fight the hardest. This kind of fears eats up your self confidence. Never compare yourself to other people. Never measure your worth based on what other people want you to be. You are who you are. You are made perfectly for whatever purpose you are meant to fulfill. Do not be afraid to show the world who you are and what you are capable of. You are always enough for the right people. All those who do not see how great you are are not worth the bother. – Dr Anil Kr



**NEVER GIVE UP. NEVER LOOK DOWN
AND NEVER LOOK BACK. ALWAYS MOVE**

**FORWARD IN LIFE. DON'T LET ANYONE MAKE
YOU FEEL AS IF YOU DON'T BELONG OR UNWORTHY
OF... EVER. THOSE THAT DO ARE JUST NOT STRONG
ENOUGH TO HANDLE SUCH GREATNESS.**

BE PROUD OF WHO YOU

ARE. ALWAYS WALK WITH YOUR HEAD HIGH.

YOU ARE NEVER ALONE.