



YOU ARE ENOUGH

"Comparison is the thief of Joy" - Theodore Roosevelt

YOUR DAILY REMINDER OF THINGS THAT DON'T DETERMINE HOW WORTHY YOU ARE

Your appearance
Others opinions of you
Your weight
The clothes you wear
Your past mistakes
Your relationship status
Your social media likes
Your job
The number of friends you have
The car you drive
How much money you earn
How much you're "liked" by others
Where you came from

**"Remind yourself of the true definition of self-worth:
That you are worthy, without qualification" -**

Dr Rebecca Ray

