

I AM ENOUGH MANIFESTO

When others point out what I may have done wrong

I won't think less of myself

instead, I will remember I AM ENOUGH

When I don't feel in the mood for my child's want

I won't condemn myself

instead, I will remember I AM ENOUGH

When my ex tells me I am less than

I won't believe

instead, I will remember I AM ENOUGH

When I feel I can't take it anymore

I won't accept defeat

instead, I will remember I AM ENOUGH

When the mirror says, "you need a little less you"

I won't panic

instead, I will remember I AM ENOUGH

In all circumstances and situations that come my way

I will agree one thing is for certain

I AM ENOUGH and that is ENOUGH!