# Rules To Feel Enough

*Starting at the Karate Chop:*

Even if in the past – I thought it was hard to be enough
I am awake to this truth now – That I've always been enough

Even if in the past – I thought that if I was enough
It meant everything would be perfect
Now I know that my enough-ness
Is about me accepting me

Even if in the past – I didn't know what it felt like to be enough
I now know that by knowing I Am Enough –
I am opening myself up to learning – What enough feels like

*Through the points:*

I know that my being enough makes me strong
It is my safe place
It is my solid center
My shelter from any storm
My rainbow after the rain
I know that I get to feel enough
**ANYTIME** I am kind to myself
**ANYTIME** I open myself to new possibilities

I get to feel enough

**ANYTIME** I am curious

I get to feel enough

**ANYTIME** I value my strengths

I get to feel enough

**ANYTIME** I embrace me being me

I get to feel enough

**ANYTIME** I am creating

I get to feel enough

**ANYTIME** I am kind to myself

I get to feel enough

**ANYTIME** I am present and in the now

I get to feel enough

**ANYTIME** I am feeling gratitude

And of course I get to feel enough

**ANYTIME** I am in nature

I get to feel enough

**ANYTIME** I am moving with purpose or play

I get to feel enough

**ANYTIME** I am feeling excited about life

I get to feel enough

**ANYTIME** I get quite and go within

I get to feel enough

**ANYTIME** I remember that I am not alone

I get to feel enough

**ANYTIME** I remember that I Matter

I get to feel enough

**ANYTIME** I smile and laugh

I get to feel enough

**ANYTIME** I give a loving hug

And I get to feel enough

**ANYTIME** I receive a loving hug

I get to feel enough

**ANYTIME** I feel my heart open in love

I get to feel enough

**ANYTIME** I honor my space

I get to feel enough

**ANYTIME** I sooth myself when I feeling down

I get to feel enough

**ANYTIME** I am accepting my feelings

I get to feel enough

**ANYTIME** I listen to what I need

I get to feel enough

**ANYTIME** I Say YES to what works for me

I get to feel enough

**ANYTIME** I Accept myself with all my quirks **and imperfections**

**Because I am...and will always be**

**Enough!**