

♥ Snippets of Encouragement #178

Hello darlings

It is day 178 of Snippets of Encouragement, and today I would like to remind you that you are enough.

Yes, you are! You're completely, totally, inexcusably, enough!

Often in life, you're held back not by who you think you are but rather by who you think you're not.

It's time to put that shit where it belongs and that's on the garbage heap. Yes, that's right! On the garbage heap!

I can't say this often or loud enough! You are most the magnificent, the most remarkable, the most splendid being God has ever created do not fear. We forget this constantly and perhaps this is why we need constant reminding.

Instead of living secure in the knowledge that you are magnificent, that you are remarkable that you are splendid you live with the belief of what you are not.

Have there been times when you have believed that you're not enough? You've upheld the idea that you can't because of who you think you're not.

Perhaps you couldn't apply for that job because you're not qualified enough, or clever enough, or experienced enough.

Perhaps you couldn't approach that person because you're not attractive enough, thin enough, interesting enough.

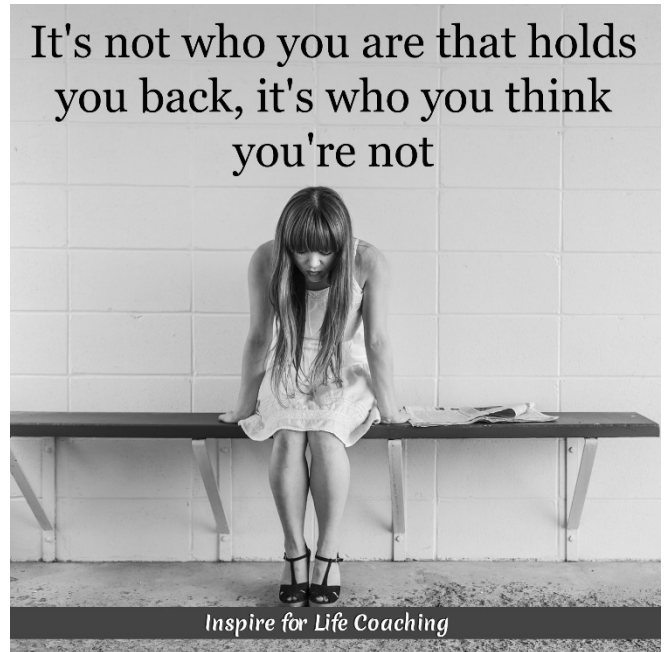
Perhaps you can't play that sport because you're not talented enough, fit enough, rich enough, or connected enough.

Perhaps you can't travel to that place because you're not adventurous enough, healthy enough, or wealthy enough.

Do you see how this is going?

We constantly reinforce our unworthiness by believing who we are not. This behaviour is both a hindrance and an excuse. We hinder ourselves from being our best and we excuse ourselves into believing we can't experience greatness for whatever reason.

The truth is any of us can achieve anything we set our minds to within reason. This is a fact. However, it is in our minds that we begin to create fictional stories of unworthiness and this is where we defeat ourselves.



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I want to encourage you to look at all the things you're believing you're not and challenge yourself. Is this a fictional fantasy you've created for yourself and can you rewrite your story?

I believe you can if you start to see yourself for who you really are, which is the most magnificent, the most remarkable, the most splendid being God has ever created so embrace this truth about yourself. Do not fear you are enough!

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