

I Am **ENOUGH!**

Because I Am The Best Me I Can Be!



By Tracie Johansen



# the **Azpazaz Bunch**

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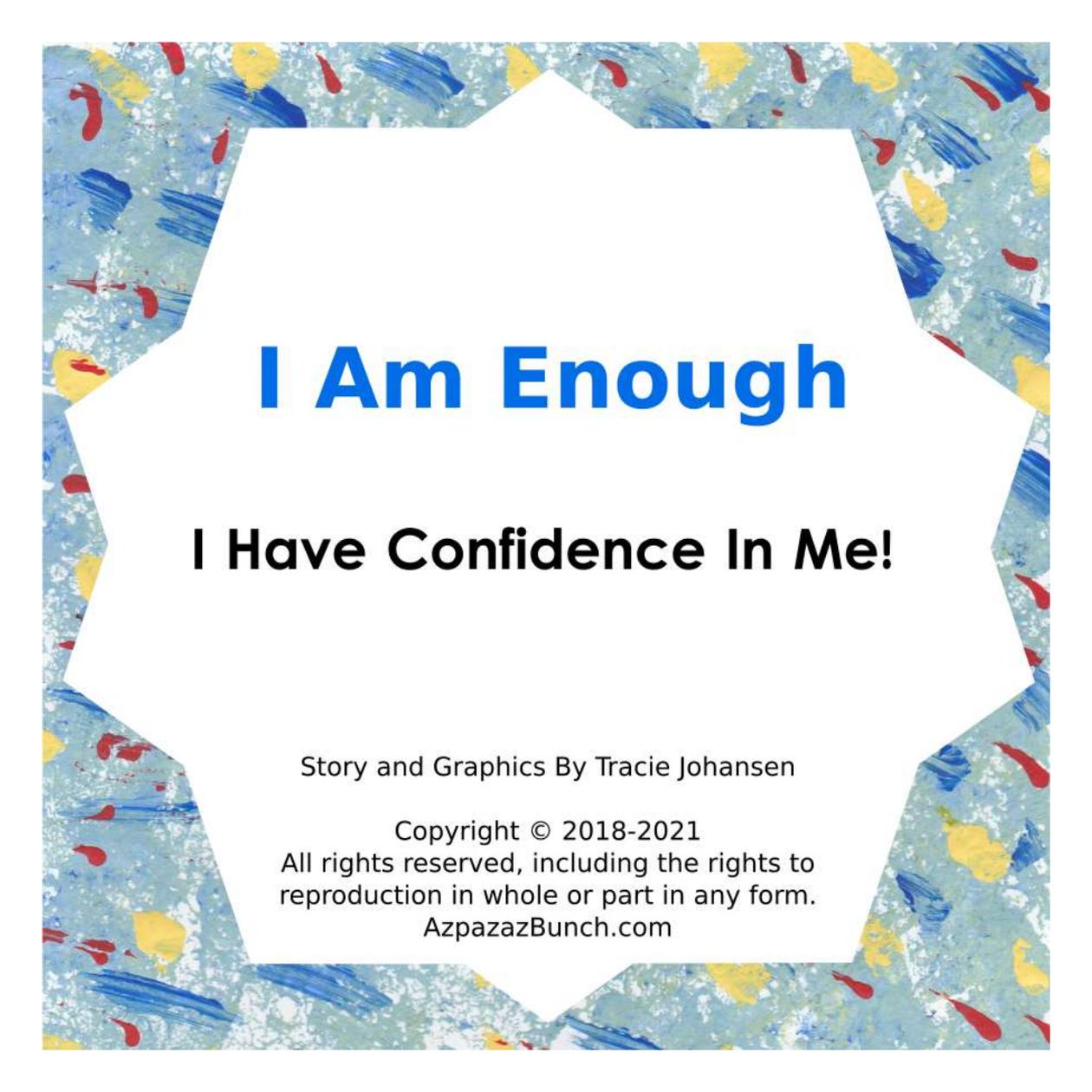
Thank You,

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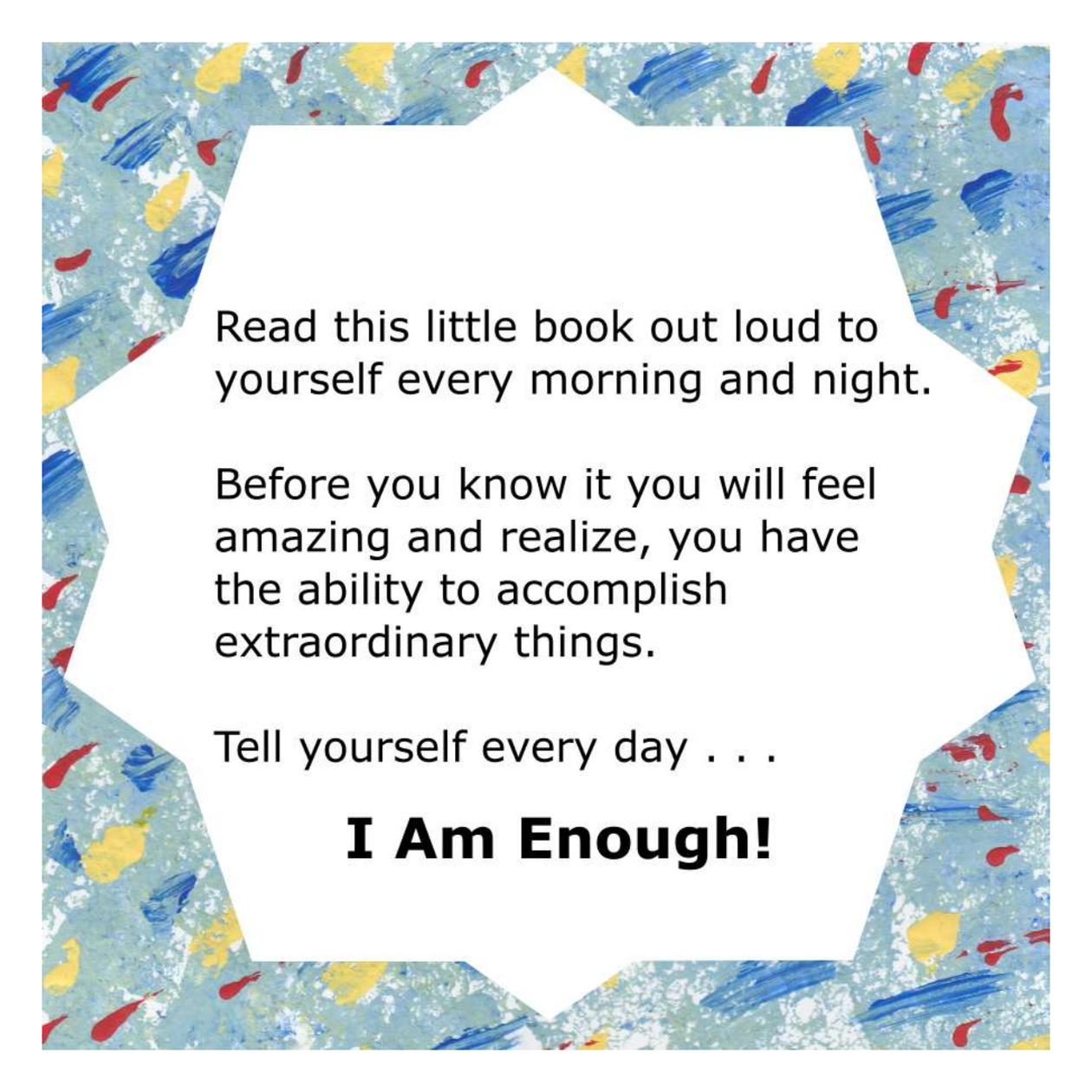


# **I Am Enough**

**I Have Confidence In Me!**

Story and Graphics By Tracie Johansen

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Read this little book out loud to  
yourself every morning and night.

Before you know it you will feel  
amazing and realize, you have  
the ability to accomplish  
extraordinary things.

Tell yourself every day . . .

**I Am Enough!**

There is nothing I'm not able to do If put my mind to it and refuse to give in, I can make beautiful music like a violin. Yes, I am enough and I am complete, I am no longer willing to take a back seat.

No matter how difficult things may seem, I will keep on working and achieve my dream. I believe in myself and my ability to be tough, because I know I am special and I am enough.



Believing that as long as I have a goal that is good I will be able to achieve it . . .

**NO MATTER WHAT!**

I can keep on going and

**FOLLOW MY GUT!**



I know that

**I AM ABLE,  
HAVE POTENTIAL**

and

**I AM SMART,**

and I am capable of finishing

**EVERYTHING I START!**

When someone says something that is

**REALLY MEAN**

I feel like a

**CAT CHASING A**

**BALL OF STRING,**

and I am not important, just

**SOMEONE'S PLAYTHING!**

So I calm myself down because

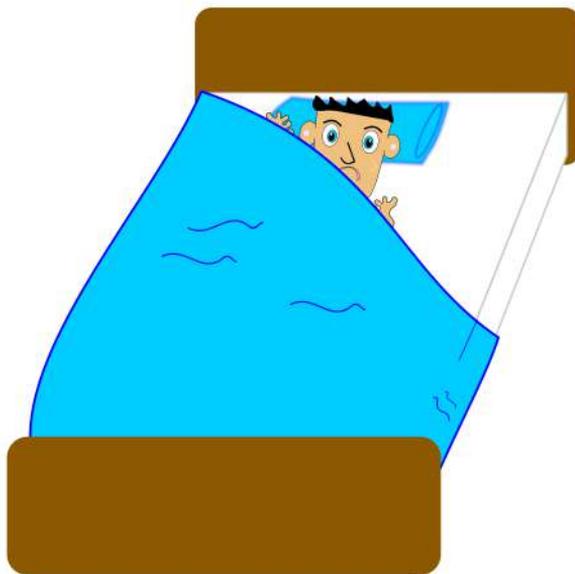
**I KNOW IT'S NOT TRUE,**

I refuse to let somebody say things to me that

**MAKE ME FEEL BLUE!**



Sometimes I feel like  
**CLIMBING BACK INTO BED,**  
I just want to pull the covers  
**RIGHT OVER MY HEAD!**



I know I must get out of bed and  
**GET INTO THE SHOWER,**  
and think only  
**POSITIVE  
THOUGHTS**  
to regain  
**MY POWER!**



I know no matter what I want to do,  
if I stick with it, I will pull through.

Even if the things I do are . . .

**NOT UNDERSTOOD,**

I will keep on going because I know . . .

**THEY ARE GOOD!**



Yes, I am capable of doing whatever I put in my

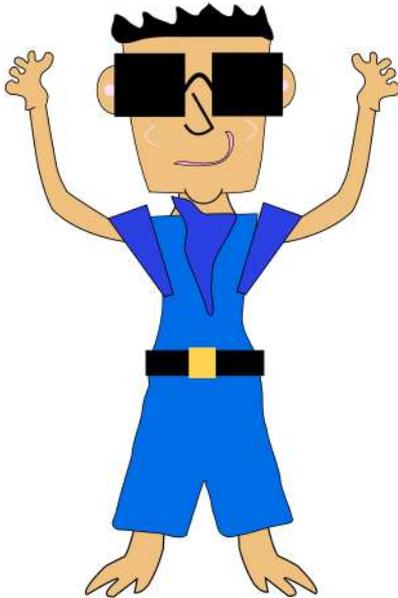
**MIND TO ACHIEVE!**

Because

**I AM ENOUGH**

and

**I BELIEVE!**



I do not allow my  
**ACCOMPLISHMENTS**  
to be  
**COMPARED**  
to what  
**OTHER PEOPLE CAN DO,**  
because I know that  
**I AM UNIQUE**  
and have  
**MY OWN DREAMS**  
**TO PURSUE!**

I know no matter what other people think, I will not give into peer pressure and allow myself to sink.



I feel so **NERVOUS** and have

**SHAKY KNEES,**

I am

**STUCK IN  
ONE SPOT,**

**I CAN'T MOVE**

and

**I FREEZE!**



I feel so frightened so I take a few deep breaths and unfreeze, it's kinda like the relief I feel when I finally sneeze.



Then I know everything is going to be okay, I know I can keep going and I will never stray.

I am  
**LOVING**  
and  
**KIND**  
yes, I am  
**TRUE BLUE,**  
and I  
**GIVE MY BEST**  
to  
**WHATEVER I DO!**

I respect others and show genuine concern,  
and all I ask is the same in return.



I will not be broken or made to feel I'm not  
enough, I will muster up all my strength,  
face my fears and I'll be tough.

My ideas come in waves like the flickering

**LIGHT OF A CANDLE,**

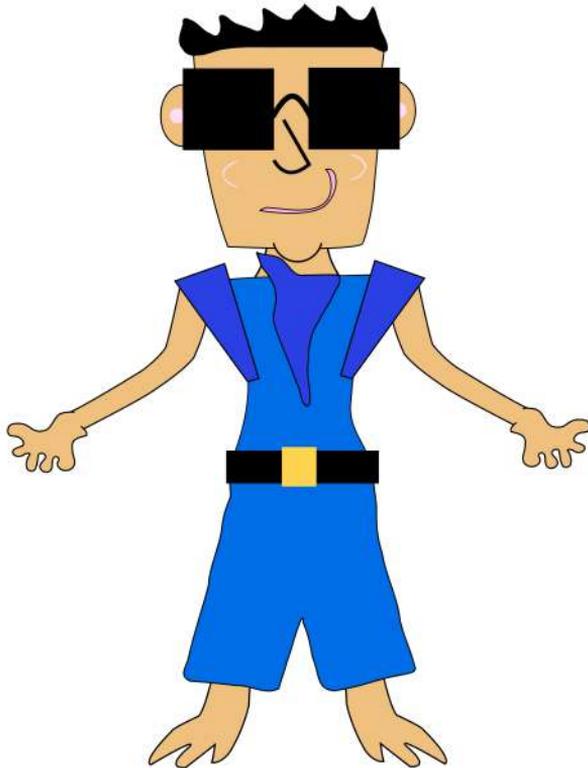
and it keeps me

**GOING STEADY**

so I don't take on more than

**CAN HANDLE!**

I know I can achieve whatever I believe to be true, as long as I keep going and see things through!



When I accomplish things and I'm proud  
of me, it gives me the sensation . . .

**I AM FLYING** and **I AM FREE!**



**I AM SMART AND AMAZING**

yes,

**I'M THE REAL STUFF,**

because

**I AM VALUABLE**

and

**I AM ENOUGH!**

I feel such elation when

**I STAND UP FOR MYSELF,**

I won't be

**PUSHED DOWN**

or

**PUT ON A SHELF!**

Because I am important and I have so much to give, I know in my heart I deserve to live.



I feel so great when I realize no matter what anybody says about me, I can ignore it and know down deep in my soul that I am special as can be.



Even when the things I attempt to do

**SEEM TOUGH,**

I will remind myself

**I CAN DO IT**

because

**I AM ENOUGH!**

I welcome a hug from a loved one that  
brings a sparkle to my eyes, because  
I know they love me and won't criticize.



I will do whatever it takes to

**STAY UPBEAT,**

I will not

**BACK DOWN**

or

**BECOME OBSOLETE!**

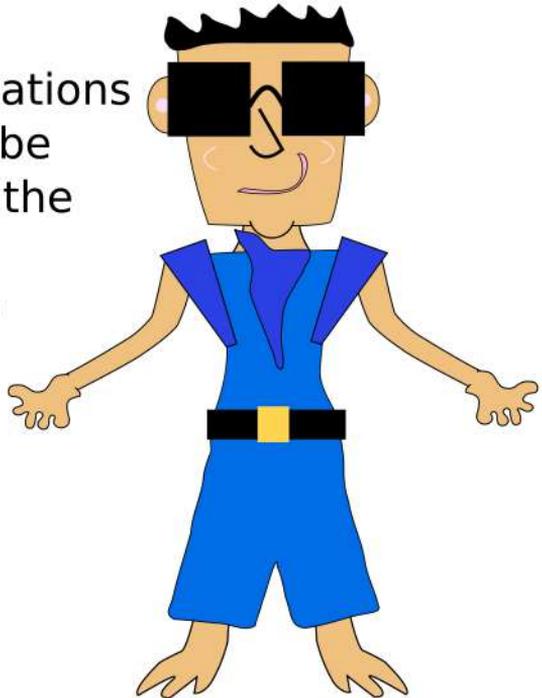
My goal is to stay  
**FOCUSED**  
and be as  
**BRAVE**  
as I can be,  
so I can live my life  
**FEELING POWERFUL**  
and  
**CAREFREE!**

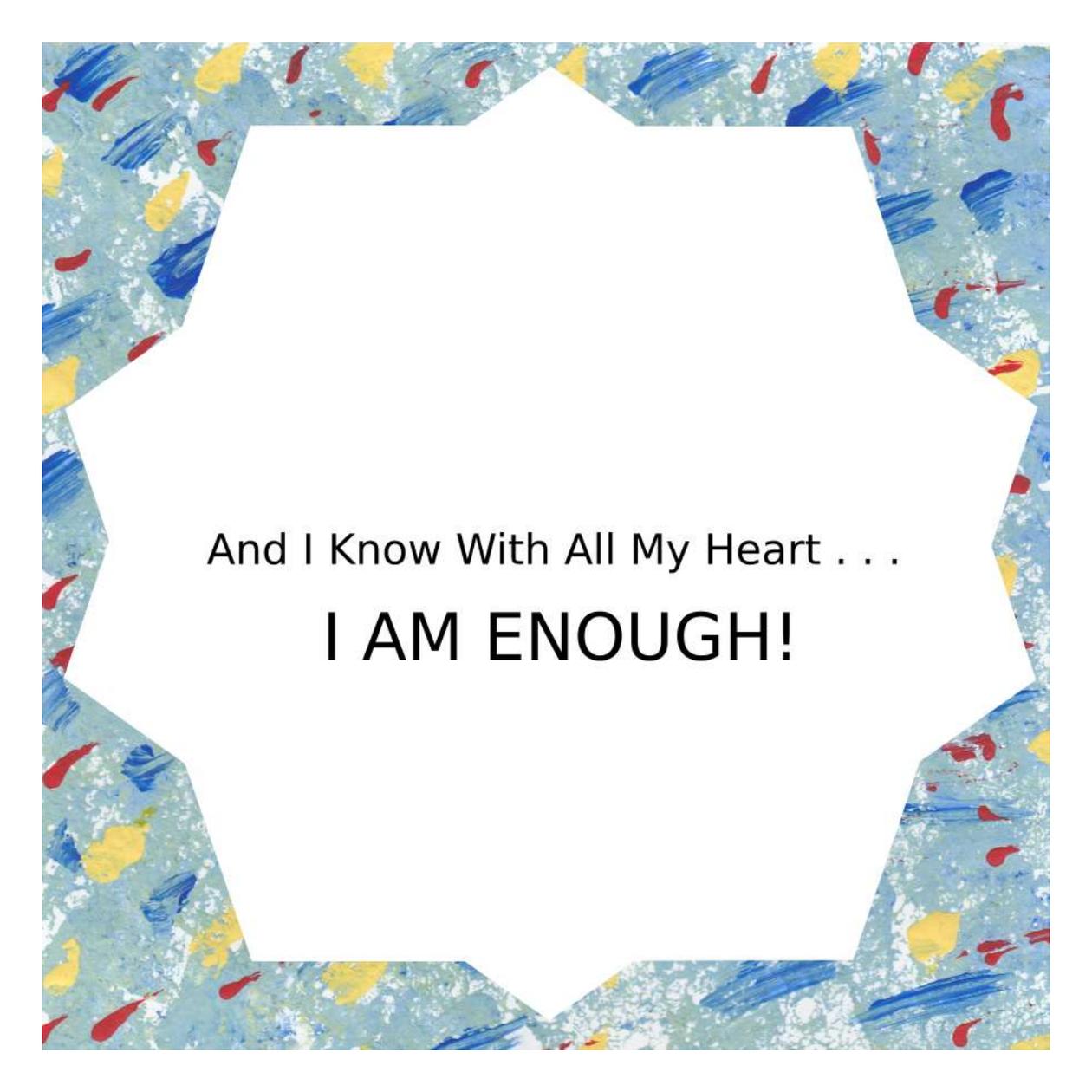
When I accept and love myself, I feel totally fulfilled and free, and that is when I know I am exactly what I need to be.



When I catch myself saying I am not good enough, I will remind myself I have all the right stuff. I am determined not to let anybody make me feel bad, or tell me I'm nothing or make me feel sad.

My mind has no limitations and my abilities can be developed and grow the more I believe. And I know it is possible to achieve anything I can conceive.





And I Know With All My Heart . . .

**I AM ENOUGH!**

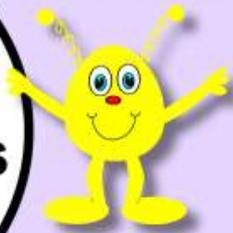
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