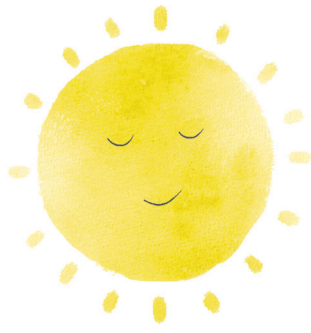
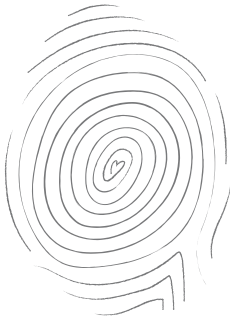


to feel good enough  
(I am enough)



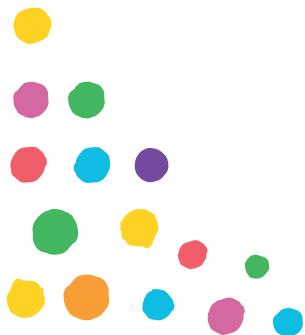
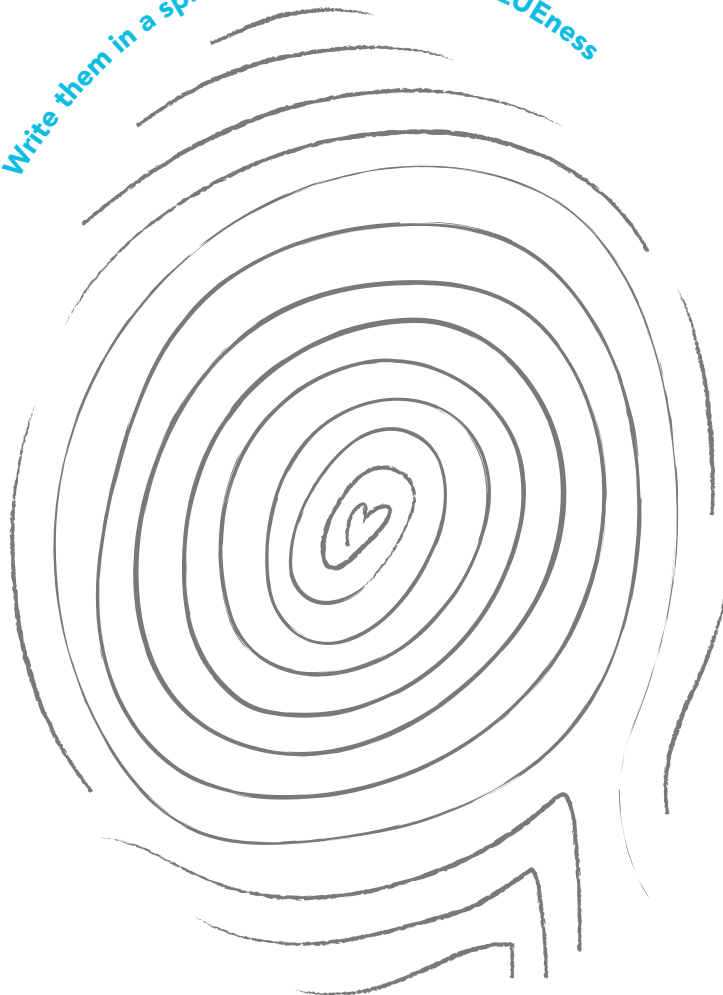
I am enough

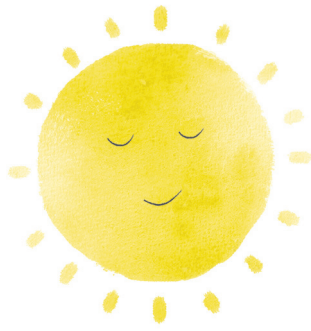
**List all the words you can think of that describe who you are  
in a way that makes you feel good about yourself.**



Think about:  
what you are proud of and grateful for  
what you take for granted about who you are and what you can do  
your skills, talents, qualities, strengths, traits, values, aspirations.

*Write them in a spiral to realise your UNIQUENESS*





I am enough

**When someone you love feels down, feels grumpy,  
feels tired or sad or angry or unwell,**

what do you do?

**When someone you love is hurt,  
worried, anxious or stressed,**

what do you do?

**When someone you love thinks they're ugly,  
fat, skinny, rubbish or stupid,**

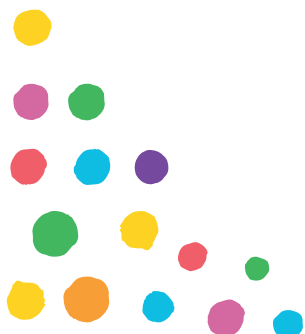
what do you do?

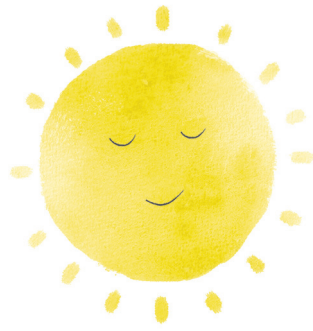
- |                      |                     |   |
|----------------------|---------------------|---|
| 1 Be there for them? | 6 Be kind to them?  | 11 Take their mind off things?                  |
| 2 Accept them?       | 7 Encourage?        | 12 Understand how they feel?                    |
| 3 Reassure?          | 8 Work out a plan?  | 13 Get things in perspective again?             |
| 4 Listen?            | 9 Give them a hug?  | 14 Disagree with them and tell them they're OK? |
| 5 Care for them?     | 10 Make them laugh? |   |

You can do this for **YOU**

No one has ever really taught you this but you can learn it now.  
You can make yourself feel better.

Try it for yourself now.

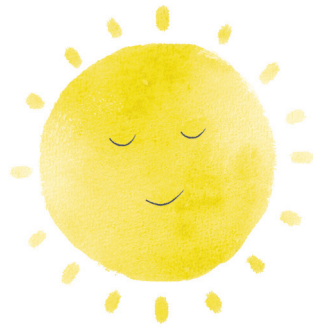




I am enough

**Whenever you're not feeling smart enough,  
strong enough, attractive enough, ..... enough,  
try out being more friendly to yourself.  
Work out what to say that would make you feel a bit better.**

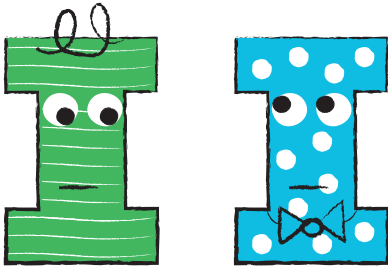
| Instead of saying things<br>like this to yourself  | Say things like this to<br>yourself instead  |
|--|--|
| How stupid can you get.<br>You're a horrible person.<br>You don't deserve....<br>You should be ashamed of yourself.<br>You're no good.<br>You're a failure.<br>What will people think?<br>This is terrible. You're terrible.<br>You've let everyone down.<br>If you don't do well, no one will want you. | What do you need right now<br>– to feel a little bit better?<br>This feeling will pass.<br>You'll feel differently tomorrow.<br>You'll be alright.<br>Take it easy.<br>Take your time.<br>You'll get through this.<br>It will be OK.<br>I'll take care of you.<br>You're safe. |



I am enough

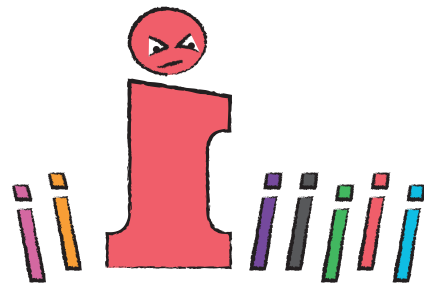
**EqualIse®**

1



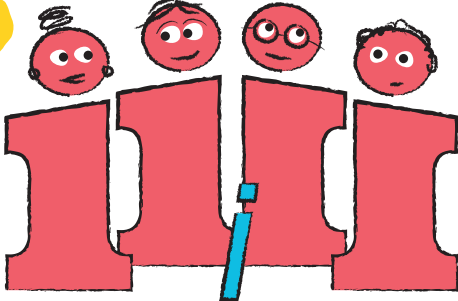
Do you constantly compare yourself with others?

2



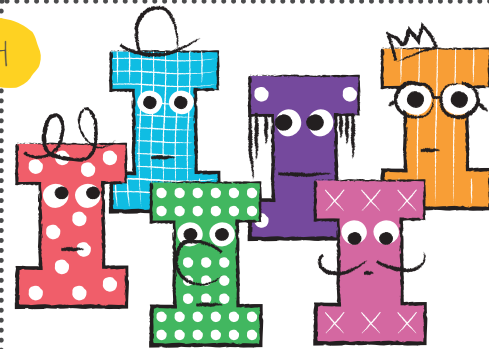
Do you tend to look down on others?  
This can leave you lonely and without friends.

3



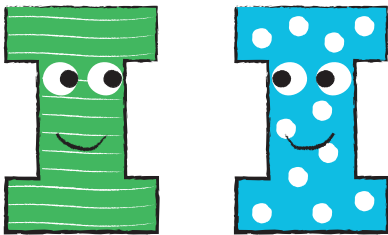
Do you tend to doubt yourself around others?  
This can leave you vulnerable to their opinions of you.

4



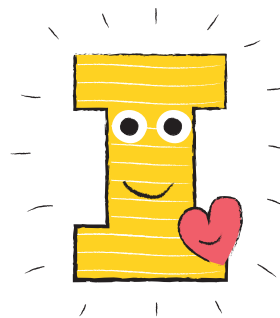
The fact is we are all different and we are all imperfect.  
But underneath our differences and imperfections, we are  
equally valuable - and equally worthy of respect.

5



So you can choose to respect yourself and all the  
imperfections that make you YOU. And you can  
choose to respect others as well.

6



Then you can know you are enough, value who you are,  
and like who you will become.