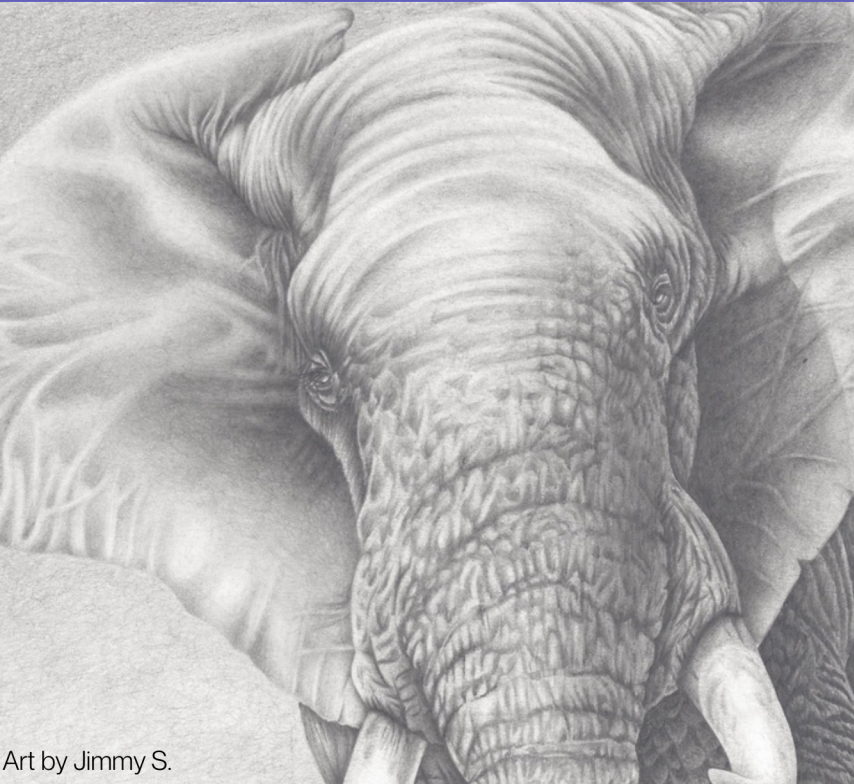


“All beings are created **to be enough**  
for the roads they travel.”

P, 2021



Art by Jimmy S.

## Reflection

Imagine you are on a path in the middle of a journey. You are carrying everything you need with you. You are also carrying your fear, pain, and doubts. They can make it hard to find your strengths and skills. Look in your backpack and take out the stuff you don't need. Leave it on the path. Continue on your journey—lighter, stronger and more sure of the fact that you are everything you need to be. And more.

## Questions

What have you been carrying around for too long?

When have you believed you weren't enough?

What do you need to hear to remind you that you are enough? Write yourself a pep talk and keep it with you when you need it.