

— I AM —

ENOUGH

FEMALE MANIFESTO

I PROMISE TO LOVE MYSELF
UNCONDITIONALLY;

I WILL REMIND MYSELF THAT MY SELF-
WORTH IS NOT BASED ON WHAT I LOOK
LIKE, WHAT I HAVE, OR WHAT I WEIGH;

I WILL CONTINUALLY EDUCATE MYSELF,
AS ALL STRONG WOMEN DO;

I WILL ENCOURAGE, SUPPORT, AND
EMPOWER ALL GIRLS AND WOMEN;

I WILL NOT ALLOW JEALOUSY,
GOSSIPING, AND JUDGMENT TO
JEOPARDIZE MY FRIENDSHIPS OR MY
LIFE;

I WILL BE KIND AND RESPECTFUL TO
MYSELF AND OTHERS;

I WILL TREAT DEPRESSION AND
NEGATIVITY WITH CREATIVITY;

I WILL HAVE A SENSE OF HUMOR ABOUT
EVERYTHING, INCLUDING THE BAD TIMES;

I WILL WORK HARD ON CREATING MY
PATH AND ATTAINING MY OWN GOALS,
INSTEAD OF TRYING TO LIVE UP TO
SOCIETY'S EXPECTATIONS OF WHO I'M
SUPPOSED TO BE;

I WILL STAY POSITIVE AND OPEN-
MINDED;

AND MOST OF ALL, I WILL REMIND
MYSELF THAT I AM ENOUGH!