

12. Power of One

A candle in the wind

We have the power to be the positive impact in our own day and in the day of others. We are individually significant. We are individually impactful. We are individually important. We are not a social media profile, we are not an achievement, and we are not a package. We are substance. We are soul. We are feelings. We are emotions. We are energy.

The power of me makes a difference. I make a difference.



It's ok not to feel ok; and it's absolutely ok to ask for help.

I Am
Here