

## WFWP USA: A letter of encouragement: "You are more than enough"

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*Editor's Note: This letter was written by [Judi Moreo](#), a WFWP [HerStory recipient](#) and an international speaker, author and editor of [Choices Magazine](#), and has been re-published with her permission. We hope you will feel empowered and energized through these words.*

We are living through very uncertain times right now. Many of us are confused as to what to do. Finding our way to inner peace, especially at a time such as this, is not always easy to do. So, I want to remind you of a very important truth.... YOU ARE MORE THAN ENOUGH!

You can handle this. You are talented, smart, and strong. Your personality is rare and unique. You are one of a kind. Take this time to allow yourself to renew and regenerate your energy.

Allow yourself to think and act spontaneously. Don't base your actions on past experiences or "what ifs" and fears. It's a new day. You are not the same person you were last year or even yesterday. You have more knowledge and experience than you did then. Trust yourself to make the right decisions. When we act out of fear and worry, we stifle our creative energy without which it is difficult to accomplish all the things we need to do.

Do the things you can and stop beating yourself up for the things you don't get done. Your time and energy can be better spent showing appreciation for the people who are truly important in your life. And for giving yourself some loving attention. Indulge in a little personal care.

Accept and share love. A smile or a kind word can make someone's day. You may be surprised how good you feel when you give someone else a lift. Peace is not some grand and glorious unreachable dream. Peace is in the little things. It is a breath of fresh air, a kind word, the laughter of a child or sitting on the porch for half an hour.

Each of us, in our own way, is responsible for acknowledging the peace that exists in our world and making it our own. Take a moment to enjoy a sunset or the shimmer of moonlight.

Focusing on and sharing peace allows it the freedom to grow. Focus on all you have to be thankful for. Give yourself the gift of quiet time to contemplate the beauty around you.

Before you go to sleep each night, count your blessings. Each morning give thanks for a new day and a new opportunity to have the peace you seek.

You can do this! You ARE more than enough,

Judi