



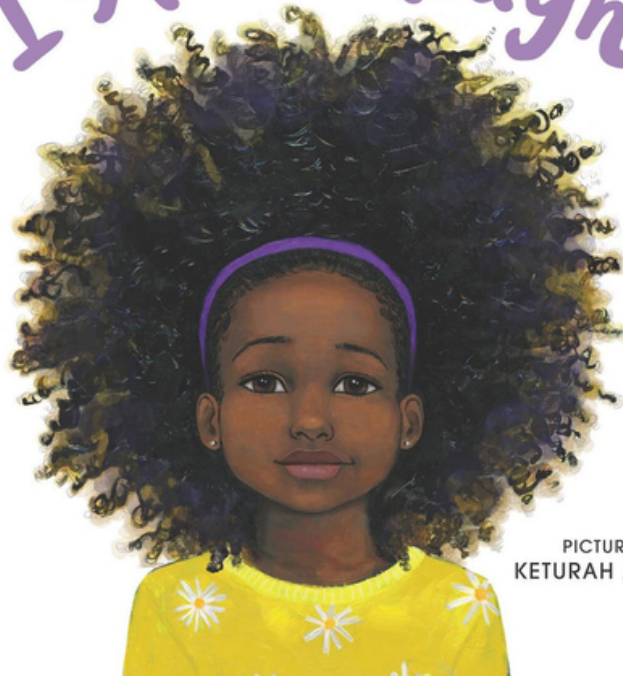
I am kind

I am beautiful

I am a good friend

GRACE BYERS

*I Am Enough*



PICTURES BY  
KETURAH A. BOBO

# Instructions

Find an empty jar.

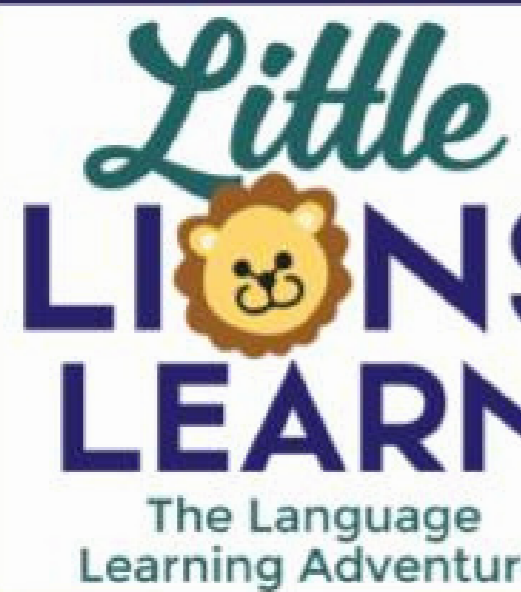
Think of many things that make you amazing.

Write them down on paper, fold them, and place them in the jar.

Read the notes on the days you need it most.

Remember God loves you and you are amazing.

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