

"Because You Matter, Always" : The Power Of Being You

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In a world that constantly tells us who to be,

how to act, and what to look like, it's easy to feel like we're not enough. We are bombarded with expectations; from society, friends, family, and even ourselves. But the truth is, you are enough, just as you are. Your worth is not determined by someone else's opinion, nor should it be.

Why You Are Enough

You don't need validation to prove your worth. You don't need applause to confirm your value. From the moment you took your first breath, you were whole, worthy, and deserving of love.

Think about it: The freckles on your cheeks, the way you tilt your head when you're deep in thought, the way you laugh until tears stream down your face—all of it is irreplaceable. No one else in this world can bring what you bring.

Why You Matter

Look around you. No one else has your smile,

your perspective, or your story. You are one of a kind in a world desperate for uniqueness. Think about it. Every time you laugh, even at your silliest moments, you're lighting up someone's day. Every time you listen, truly listen, you're offering someone a safe place to be heard. Every step you take, no matter how small, moves you closer to a version of yourself that you're proud of.

Walking With the Excluded

In a world that often celebrates the loudest voices, the brightest stars, and the most visible successes, it's easy to overlook those who walk in the shadows; the excluded. These are the people who have been pushed aside, silenced, or underestimated simply because they didn't fit into society's narrow definition of what is "worthy." Yet, their stories, their struggles, and their strength are the very things that teach us the most about resilience, empathy, and humanity.

A World Where Everyone Belongs

Imagine a world where no one feels left out. A world where every individual is celebrated for who they are. That world begins with each of us. When we choose to walk with the excluded, we create ripples of change that extend far beyond ourselves.

The Quiet Power Within

In a world that moves so fast it's easy to feel like you're not enough but take a moment and breathe. You are not your mistakes or the things you wish you could change. You are the little things that make you, you- the way you smile at strangers, the way you care deeply, even when it's hard. The world doesn't need perfection. It needs people who are real, people who keep going even when life feels heavy. You don't have to prove anything to anyone. You are already worthy just as you are. You are enough, not because of what you've done, but simply because you're here. And that is more than enough.

Don't Change for Others

It's tempting to change yourself to fit in or to win someone's approval. But the truth is, people who truly matter will love you for who you are; not for who they want you to be. The friends who laugh at your jokes, the family who support you in your darkest moments, and the strangers who are inspired by your authenticity; they are your real cheerleaders.

Don't dim your light to make someone else comfortable. Shine brightly. The right people will find their way to you, and the wrong ones will fade away.

You Don't Need to Apologize for Existing

Stop apologizing for being yourself. You don't need to shrink yourself to make others comfortable. You don't need to change who you are just to fit in. The right people will love you for your quirks, your rawness, and your honesty.

Yes, you may be too loud, too quiet, too bold, or

too shy for some people; but those aren't your people. The ones who matter will celebrate you for all that you are, not criticize you for what you're not.

A reminder for the Tough Days

It's okay to feel tired. It's okay to not have it all together right now. Some days are heavy, and that's when you need to remind yourself that it's not about having all the answers or being your strongest self. It's about showing up, even if all you can do is take one small step.

You've faced challenges before, and you made it through; remember that. You are stronger than the doubt in your heart and braver than the voice that says you can't. Let yourself rest when you need to, cry if it helps, and breathe deeply when the world feels overwhelming.

You don't have to carry everything alone. You are loved, even in the moments when you feel unseen. You matter, even when it feels like you

don't. And you are enough, exactly as you are. This tough day doesn't define you; it's just one chapter in your incredible story. Keep going. Better days are waiting for you, and you'll get there, step by step.



Christina Giri 

To whoever is reading this, You are enough. You always have been, and you always will be. The world will always have something to say, but their words do not define you. No matter how heavy the days feel, no matter how lost you may seem, Let go of the weight of others' opinions, stand tall in your truth, and never shrink yourself to make others comfortable. You are enough, just as you are. And You matter,always.

Photos

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