

THE ENOUGH MANIFESTO, PART II

BY TRACY MAXWELL

I AM UNIQUE, IMPERFECT, CONSCIOUS, ALIVE, AWAKE AND FREE.
I AM LOVED, DESPISED, INSPIRED, AWED AND ADORED.
I AM SAD, TRUSTING, OPEN, DISAPPOINTED AND SCARED.

I AM LEARNING, LISTENING,
LOVING AND LUCKY.

I AM DARK, DRIFTING, DEPRESSED,
DARING AND DOMINATING

I AM JUBILANT AND JOYOUS
AND I AM A JERK!

I AM ALONE, CONNECTED, OUTGOING, WITHDRAWN,
DESPONDENT, HOPEFUL, GRACIOUS AND DEMANDING.

I AM CONFIDENT **AND** I AM TERRIFIED.
I AM ARROGANT **AND** I AM UNWORTHY.

I AM HEALTHY, HAPPY, HOLY, HELPFUL AND HATED.
I AM INTUITIVE, INSTRUCTIVE, INSPIRATIONAL, ILL-PREPARED AND IDIOTIC.

I AM FORGIVING, TRUSTED,
BEAUTIFUL, UGLY,
PLAIN, COMPLICATED
AND SIMPLE.

I AM KIND, CONSIDERATE
IGNORANT, OUT-OF-TOUCH
GIVING AND
UNAWARE.

I AM INTERESTED, INQUISITIVE, INTELLIGENT AND ODD.
I AM EVEN-TEMPERED, BELOVED, DISCONNECTED, DISBELIEVING, DEBILITATED AND DETERMINED
I AM SILLY, SERIOUS, SENTIMENTAL AND SUPERFICIAL.

I AM PROUD, AND I AM ASHAMED.
I AM AFRAID, AND I AM PEACEFUL.
I AM DETERMINED, AND I AM ALLOWING.
I AM GRATEFUL, AND I AM LACKING.

I AM ALL, AND I AM NOTHING. AND SO ARE YOU.

I AM.
I AM ENOUGH.

AND SO ARE YOU.