

I admire you.

I admire your desire to grow.

I admire your capacity to heal.

I admire your courage to share your story—so honestly.

I admire your search for understanding.

I admire the stages of your journey—and I am grateful for the opportunity to play even a small part in it.

I admire your perseverance in your pursuit to step into your greatest expression of yourself.

I admire your desire to (re)discover who you are and the questions you aren't afraid to ask when the enigma of all that is you is felt.

I admire your unique inner power that can deeply touch another human being—as you have me—may it be a constant reminder of the value you bring.

I admire how you hold your struggle with openness, transparency, and a readiness to receive.

*I admire the person you wish to be—that you *already* are but need only to remember—reclaim.*

I admire your recognition of needing something more—and your ability to connect with yourself more deeply than before.

I admire how you're learning to accept uncertainty as you seek inner-outer guidance to do the right thing, make the right choice.

I admire the imperfections that are perfectly yours, each presenting a new way of seeing—a path only you were meant for.

I admire your doubt and fear, which also can be found in me and every human being—may it be a reminder to be kinder to our fragile parts and see the gift in our interconnectedness.

I admire you - we are the same.

