



Text 1

I AM ENOUGH

Sometimes, I try too hard. I think I need to be better, faster, stronger. I compare myself to others and feel small. I look at my to-do list and feel tired before I even begin. It feels like I'm always running, but I don't know where to. But today, I stop. I sit down. I breathe. I ask myself: what if I am already enough? I think of my heart, it cares for people. I think of my mind, it helps me make choices. I think of my body, it lets me move, feel, rest. I don't need to prove anything to deserve love. I don't need to be perfect to be valuable. Today, I say this: I am enough. I am not finished, but I am whole. I am still learning, but I am already worthy. I look at myself in the mirror and try to smile – not with pride, but with peace. Today, I will be gentle with myself. I will take care of the human I live inside. I will remember I am already enough.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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VOCABULARY

Word / Phrase	Translation / Meaning
to try too hard	слишком стараться
to compare (to)	сравнивать (с)
to feel small	чувствовать себя «маленьким»
to-do list	список дел
to breathe	дышать
to deserve	заслуживать
to be worthy	быть достойным
to be gentle	быть мягким, нежным
whole	целый, цельный
mirror	зеркало



SELF-PRACTICE

Task 4. Finish these phrases.

Подбери такой конец фразы, который лучше всего выражает твои чувства или мнение.

- a) I am enough because_____.
- b) My body lets me_____.
- c) I will be gentle today by _____.

Task 5. Visual task.

Нарисуй, что ты чувствуешь после первого занятия:



Text 2

THE VOICE IN YOUR HEAD

There is a voice in your head. You hear it when you wake up, when you look in the mirror, when you make a mistake. It's always there, like quiet music playing in the background. But is it kind? Sometimes, this voice is full of judgment. It says, "You should have done better." It says, "You're not good enough." It remembers every little thing you did wrong. You would never speak to a friend like that, so why speak to yourself that way? Now, imagine this: the voice in your head becomes your best friend. It says, "It's okay. Try again."; "You're doing your best."; "I see how much you care." You don't have to believe the harsh voice. You can choose a softer one. You can speak to yourself with care. You can teach your mind to be a safe place. Today, listen carefully. What do you say to yourself without even noticing? Would you say it to someone you love? If not, change it. Start again, with kindness.


