



KAREN WILLIAMS

# Note to Self

Preview

# Remember You

This one's for those who know nothing but push.  
Who drive themselves insane.  
Who never let up.  
The ones with the highest standards.

The hardest workers.  
The ones who are so damn hard on themselves.  
Listen up.  
This one's for you.

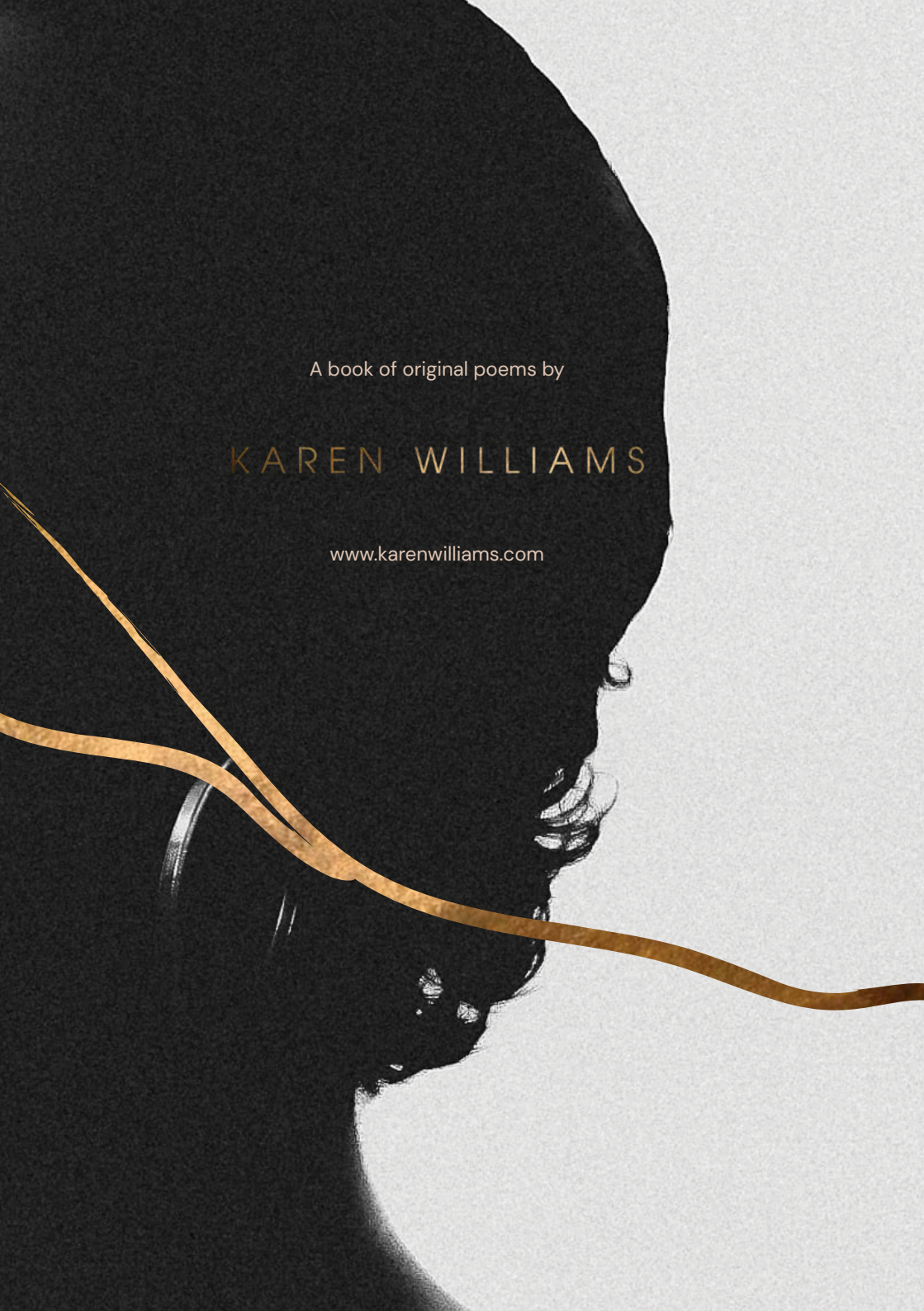
There'll NEVER be a more perfect moment than right now for you to be happy.  
There'll NEVER be more love available to you than right now in this moment.  
There'll NEVER be a wider opening of acceptance than the gaping window facing  
you right here.

The "waiting until I'm enough" game is exactly that.  
A self-inflicted game.  
You are enough.  
You always have been.  
You can only ever be.

There's nothing new for you to seek.  
There's nothing more for you to learn.  
There's only everything for you to remember.

You.  
Remember you.  
That is all.





A book of original poems by

KAREN WILLIAMS

[www.karenwilliams.com](http://www.karenwilliams.com)