

## 6. Acceptance

**No candle flickers in the same direction.**

We are unique. We can be doing our best but feeling our worst. We can put ourselves down in a funny way, which may make it seem we're ok, when we're not ok at all. We might look like we are blazing our trails but feel like we are chasing our tails instead. Sometimes we burn bright, sometimes we don't ignite at all. But that's ok. Acceptance is the first step towards peace.



**It's ok not to feel ok; and it's absolutely ok to ask for help.**

**I Am  
Here**