

You Matter!

Empowerment for Young
Adults with Colorful Roots
and Difficult Parents

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Hello there!

This book is for you.

I know that dealing with your parents can be complicated. They may not always understand you, and it might feel like you're stuck sometimes. But guess what? You are not alone. I am here to help you.

In this book, you'll find 100 positive phrases, also known as positive affirmations, that can assist you when you're going through tough times. You can read these phrases when you're feeling sad, angry, or just not so great. They remind you of how strong, fantastic, and unique you are, regardless of conflicts or other issues at home.

Choose the phrases that resonate with you the most and read them every day. Feel your inner strength and self-confidence grow. You are stronger than you think, and you deserve to be happy!

Best wishes,
Kiran Ramlakhan

1

I am strong and
resilient

2

I am confident

3

Bhagwan/Allah/God
is my rock in difficult
times

4

I do my best to
understand the
differences between
me and my parents

5

There is always help
available when I need
it