

On the days you feel insignificant, overwhelmed, defeated, underappreciated, or like simply not enough... know that you are not alone. Everyone has dark days now and then. Take a moment to process your emotions, and when you're ready, adjust your focus. Remember that you are amazing, and that you can do hard things. You truly have so much to offer, which you might not even realize because it comes so naturally. Believe in yourself. You are incredible and wonderful. And never forget, you have the power to light up this world.

xo Rachel ☺

living out of focus

