

# You Are Enough



Written & Illustrated by  
Darien Brimhall



The background of the image is a watercolor-style illustration. The top half features a soft, blended wash of yellow and orange, resembling a bright sky or a field of sunflowers. The bottom half is a vibrant green field filled with various flowers. There are large orange flowers, smaller yellow daisies, and purple lavender-like plants with small buds. The overall style is gentle and artistic.

# **You Are Enough**

*Written & Illustrated by Darien Brimhall*

*The Becoming Series:*

*Simple philosophical truths for all ages.*



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**For more books in *The Becoming Series*, visit:**

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



The image features a decorative bookplate. The background is a vibrant, textured field of flowers in shades of yellow, orange, and green. In the center, there is a large, white, rounded rectangular label. The text "This Book Belongs To:" is printed in a bold, black, serif font within this label.

**This Book Belongs To:**





In a world full of noise,  
where the big people  
rush,

There's a lovely little truth  
that no one can hush...



An illustration of a man with dark hair, wearing an orange long-sleeved shirt and blue pants, kneeling on a grassy field. He is looking down at a young boy with dark hair, wearing a yellow shirt and blue pants, who is standing and looking up at the man. The background features a soft, warm yellow sky, a green tree on the left, and rolling green hills. The overall style is soft and painterly.

You're not here to win,  
achieve, or do serious stuff.

You're here just to be...  
And you are already  
enough.





You don't need to  
grow faster than  
your own pace.

Or always be  
first in the  
world's busy race.





A seed  
doesn't hurry  
or try to  
speed up.

It blossoms  
when ready,  
and that is  
enough.





When you wake in the morning  
with your hair in a mess,

Or you're grumpy or tired and  
feel "less than your best."



Remember, the wave does not  
worry if it is too rough.

It simply rolls on,  
and that is enough.





You're not here to copy or  
mimic a role.

Or to search for some pieces  
to make yourself whole.






You're here to unfold like a  
flower with love.

To bloom as you are,  
already enough.



A soft, painterly illustration of a young boy with dark, curly hair, wearing a red superhero mask and a blue suit with a yellow diamond emblem. He has a red cape and stands with his hands on his hips against a warm, textured yellow background.

If you ever worry your  
feelings are wrong,  
Or wonder if others feel  
braver or strong.




The background is a painting of a mountain landscape. In the foreground, there are rolling hills in shades of yellow and green. In the background, there are blue mountains. The sky is a warm yellow, and there are several white, swirling lines that look like wind or smoke, curving across the sky. The text is written in a white, sans-serif font, centered in the lower half of the image.

Trust me, my love, while  
those feelings are tough,

They pass like the  
breeze, and you are  
enough.



The background of the image is a dark blue night sky filled with numerous yellow stars of varying sizes. In the foreground, there are several tall, dark green coniferous trees with brown trunks. The trees are silhouetted against the starry sky. The text is centered in the middle of the image, overlaid on the trees and sky.

Like trees in the  
forest, don't try  
to be tall.

And stars in the  
sky never strain  
not to fall.




You, too, are a part of this  
world's magical stuff.

A natural  
wonder,  
already  
enough.





An illustration of a family of three hiking in a field at sunset. In the background, a man and a woman are walking and holding hands. The man is wearing a blue long-sleeved shirt and brown pants, with a green backpack. The woman is wearing an orange long-sleeved shirt and blue pants, with a brown backpack. In the foreground, a young girl with brown hair is walking towards the viewer, wearing a yellow t-shirt and blue pants, with a brown backpack. The background features rolling green hills and a large, bright yellow sun setting behind them, creating a warm, golden glow.

You're our little  
wanderer,  
curious and  
kind.

A marvel of  
stardust and  
our love  
combined.




Nothing to  
fix.

Not a  
thing  
to  
touch.

Just  
breathing  
here now,  
you are  
enough.







*To my son Wesson*  
*I hope you always know you're already enough.*





*Stay Tuned...*

*For more from The Becoming Series.*



## **About The Series:**

*The Becoming Series was created to share simple philosophical truths in a way that children and the adults who love them can easily understand.*

*Whether read at bedtime, in the classroom, or during quiet moments together, the books in this series are made to support every child on their journey of becoming.*



## **About The Author:**

*Darien Brimhall is a writer, creator, and lifelong explorer of ideas & philosophy.*

*He created The Becoming Series to bring simple, meaningful truths to readers of all ages, especially the youngest ones beginning to discover themselves and the world around them.*

*Darien lives in Washington with his partner, Senna, their son Wesson, and their two dogs. When he isn't writing, he can be found enjoying the outdoors, working on projects, pondering, or spending time with his family.*



## **A Note For Caregivers:**

*You Are Enough* was written to help little ones develop a sense of inner calm, self-worth, and acceptance. To know that they don't need to hurry, change, or prove anything to be worthy of love.

*As you read this book together, you're giving your child the gift of presence, comfort, and connection.*

*Thank you for sharing this moment with them. Your voice, your time, and your care give these words their greatest meaning & impact.*







