

# You Are Enough

March 2026 Newsletter

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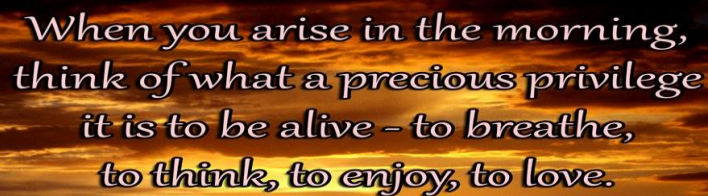
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## Enough

*"Enough means having enough to live, enough to be happy, enough to thrive."* Leo Babauta As we welcome Spring and embrace the wonder of everything coming back to life after the winter break, it is remarkable how nature does not appear to fear the future, or worry about what it may have missed. It just blooms in its own time and space.

especially when we compare ourselves unfavourably to others.

The tendency to compare ourselves to others, whether in real life or on social media is often to obtain confirmation that our life is on track. But it can lead to feeling vulnerable and uncertain and it is not a way to acknowledge our uniqueness and achievements.



*When you arise in the morning,  
think of what a precious privilege  
it is to be alive - to breathe,  
to think, to enjoy, to love.*

*-Marcus Aurelius*

How Amazing is that!

In accepting that we are enough we may also feel that we have enough. Imagine being able to live without the fear and worry that something is lacking in you because you are not meeting the expectations you have set for yourself. Whether it is in our living environment, social life or our relationships, when we feel that something is missing, we immediately feel discontented -

Self-acceptance on the other hand, helps us to grow and flourish. If you really believed you were enough, what choices would you make and what would you be likely to do?

*"It's a funny thing about life, once you take note of the things you are grateful for, you begin to lose sight of the things you lack."*  
Germany Kent

## Marie Wellness clinic

As you can see the theme this month is all about accepting yourself and knowing that you are enough.

Sometimes all we can see in our lives is what is lacking. Lack can appear in a variety of ways, feeling you need to be more talented or clever, while denying your capability. It can show up in having a lack of time, that feeling that you are running on a treadmill, where you condition yourself to put off doing things you enjoy, often leaving you feeling impoverished and stressed.

Maybe, **Marvellous March** is here to remind us to acknowledge all that we are, and to give ourselves the chance to bloom in our own way and in our own time.

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