

7:56 pm

Dear Karen,

I'm proud of you for all of your accomplishments and the changes you've made in your life. You are extremely talented, genuine, pretty, helpful and real. You SO deserve to be treated with respect by everyone you meet and to be loved by your friends, family members and YOU.

I'm proud of your academic achievements and although it's very hard, you somehow manage to do the work and make it happen.

I'm proud of you for having the courage to pursue your Baby Bear children's book series after all of these years. You are literally amazing!

I'm proud of you for stepping out of your comfort zone and taking the online blogging course and for having the courage and motivation to start a blog in November 2011. You really stepped outside of your comfort zone to do it. It doesn't matter that it's no longer around because you did it and learned from it!

I'm proud of you for having the courage to be different and wear your natural hair in the spring of 2011 even though you had to cut it all off and rock a teeny weeny afro for a few months. You've been different since third grade and you haven't stopped. I can't count how many times you've big chopped since 8th grade but it's okay.

I'm proud of you for seeking additional positive help and information to be a happier you. You're not a follower, you are truly a leader in your own right.

I'm proud of you for continuing to write poetry after all of these years. I know you love it and sometimes it's emotional, but it's good for you and you're very good at it.

I'm proud of you for taking the first step to make amends with your family when necessary despite the issues at hand.

I'm proud of you for regularly treating yourself to things you may like or want because you're finally learning to treat yourself well. Kudos!

I'm proud of you for understanding and being willing to let any of your friends go who choose not to be in your life, who may not be on the same page with you, be willing to treat you how you want to be treated or support you. Boundaries are loving and healthy in EVERY relationship!

I'm proud of you for being willing to look at your own faults and focus less on the faults of others in an effort to be a better you and to grow. It's a significant indicator that you're a grown, mature woman.

I'm proud of you for holding down a job as long as you have to contribute financially to your family's finances. You believe in working and making your own money. And, you're a team player!

I'm proud of you for being a great, supportive and encouraging friend. You're also very loyal.

I'm proud of you for taking such great care of your natural hair by using the best products possible, sleeping in a bonnet and keeping it clean. Your hair is gorgeous! I'm SO happy you love it and finally, finally named your afro!

I'm proud of you for not caring what people say or think about you anymore. I know how long it took you to get to that place because it took most of your life. Now you can be free, confident and grown.

I'm proud of you for reaching out and agreeing to do the modeling show in March, having the courage to match the outfits with jewelry at the dress rehearsal and offer support behind the scenes

at the show. Although you were terrified at rehearsal, you were fierce and acted like a true boss at the show. The models were looking to you for style advice! Wow!

No matter what happens or what people say you will be okay because you're super smart, genuine, talented, intuitive and strong, and you will make great choices for YOU. I don't want you to be afraid of being you anymore: being silly, quirky, nerdy Karen. Yes you're nerdy, but you're also very FLY and CLASSY.

You need to completely forgive yourself for the many mistakes you've made as a depressed teenager and young mother because they happened over 15 - 20 years ago, you've changed and matured into a remarkable woman, mom and wife and you deserve sincere forgiveness. It doesn't matter who remembers play by play what you've done because all that really matters is that was then and this is your now!

YOU are worth it Karen. Yes, you are WORTH IT and YOU DESERVE to be HAPPIER!

I love you very much!
Karen Doniere
8:58 pm