



Yak, You Are Good Enough

My little Yak,
where do I start?
I love all of you
with all of my heart.

The way that you laugh,
and smile, and play
fills up my heart
each and every day.

Now, I'll tell you something
that will always be true...
You are loved and enough
by just being YOU!

I used to think
that when I was small,
I had to be perfect
with no mistakes at all.

But then I learned
that wasn't true.
You are loved and enough
by just being you.

As I grew up,
I really believed
that I had to be the best
and win all the trophies.

But then I learned
that wasn't true.
You are loved and enough
by just being you.

I used to think
as a young Yak,
I needed cool toys
to fit in with the pack.

But then I learned
that wasn't true.
You are loved and enough
by just being you.

I used to feel
I needed to be
filled up with joy
and never unhappy.

But then I learned
that wasn't true.
You are loved and enough
by just being you.

I learned all these things.
Yak, I hope you learn, too...
You are loved and enough
by just being YOU!

If you need a reminder, repeat this to know
that I'll always love you as you learn and you grow.

I don't have to be perfect,
I can just be.
I am loved and enough
by just being me.