

## You Are Valued and Appreciated – A Gentle Reminder You Matter More Than You Know

Hey...

If no one told you today...

You matter more than you think

You've been showing up, giving your best

\_\_\_\_\_ it together, no time to rest

Even when nobody \_\_\_\_\_ what you do

You've been strong just making it \_\_\_\_\_

You carry love in the smallest ways

Through quiet nights and longer days

Even when it feels \_\_\_\_\_

You're more than everything you've been

I see your heart, I see your light

All the ways you keep things right

You don't have to prove your place

You're enough \_\_\_\_\_ as you are today

You are valued, you are appreciated

Every step you take, it's never \_\_\_\_\_

Even when it feels like no one sees

You're everything you're \_\_\_\_\_ to be

You are valued, don't you forget it

All that love in you, don't you \_\_\_\_\_ it

You don't have to fight to be enough

You already are, and that's more than \_\_\_\_\_

All the times you stayed when it got hard

All the love you gave with an open heart

You never needed loud \_\_\_\_\_

Your \_\_\_\_\_ was quiet, that's your cause

And maybe no one said it out \_\_\_\_\_

But you've made a difference, made someone proud

In every moment you \_\_\_\_\_ to care

You left a piece of healing there

You don't need to chase their eyes

Or measure \_\_\_\_\_ by outside signs

The truth is deeper than what they say

You've always been enough this way

You are valued, you are appreciated  
Every tear you've cried, it's all been \_\_\_\_\_  
Even when the world feels cold  
You've got a heart worth more than gold

You are valued, don't you forget it  
Every little \_\_\_\_\_, yeah, you already did it  
You don't have to fight to be enough  
You already are, and that's more than enough

Let it land... let it stay  
You don't have to push it away  
You are seen... even now  
You don't have to question how

Take a \_\_\_\_\_ ... feel the truth  
There's nothing \_\_\_\_\_ inside of you

You don't have to earn love  
You don't have to prove your \_\_\_\_\_  
You don't have to be more  
To \_\_\_\_\_ to feel appreciated

You already are

You are valued, you are appreciated  
All your effort, it's never faded  
Even when you doubt your place  
You've always had your own \_\_\_\_\_ space

You are valued, hold onto it  
Every part of you is \_\_\_\_\_  
You don't have to change a thing  
You're already everything

So if today feels \_\_\_\_\_ ...  
Let this be your \_\_\_\_\_ ...

You are valued...  
You are appreciated...  
And you always have been

## **Vocabulary**

- ✚ to chase eyes
- ✚ heart worth more than gold
- ✚ to hold onto
- ✚ to keep things right
- ✚ loud applause
- ✚ no time to rest
- ✚ nothing missing inside of you
- ✚ to push away
- ✚ to give my best
- ✚ to hold together
- ✚ to leave a piece of healing
- ✚ to make it through
- ✚ to show up

## **Fill in the gaps**

1. Even when no one notices, she always tries \_\_\_\_\_ in every meeting.
2. During the tough days, he had \_\_\_\_\_ and not lose control.
3. It was a difficult year, but we managed \_\_\_\_\_ together.
4. After helping her friend, she felt she had \_\_\_\_\_.
5. Some people just \_\_\_\_\_ of other people instead of appreciating who they are.
6. Don't \_\_\_\_\_ your feelings — face them instead.
7. Remember \_\_\_\_\_ the things that make you happy, no matter what happens.
8. In competitions, I really \_\_\_\_\_ and give it my all to become a winner.
9. When deadlines pile up, there is often \_\_\_\_\_.
10. Her kindness and generosity show she has a \_\_\_\_\_.
11. As the manager, it's your job \_\_\_\_\_ and avoid chaos in the team.
12. The actor received \_\_\_\_\_ for his incredible performance.
13. Meditation helps me feel that there is \_\_\_\_\_, even in stressful times.

## **Match the situation with the correct phrase**

1. After consoling a crying stranger, he felt like he had made a small difference in someone's life.
2. After months of training, the athlete finally completed the marathon.
3. After performing on stage, the musician received a standing ovation from the crowd.
4. After practicing mindfulness, she felt content and confident, realizing there was nothing lacking in herself.
5. As the event coordinator, he made sure every schedule and task was in order.
6. During a team crisis, she stayed calm and kept everyone focused.
7. During the busy holiday season, the cashier had no time to rest.
8. Even though it was raining, he went to the volunteer event to help the homeless.
9. He found an old notebook filled with memories and promised to keep it close.
10. She felt sad after the argument but didn't avoid the conversation; she faced it instead.
11. Some teenagers constantly check social media to see who is watching them.
12. The nurse worked tirelessly, showing kindness and compassion to every patient.
13. The student studied all night and gave her best performance in the final exam.

## **Speaking**

1. When was the last time you really showed up for a friend or family member in a difficult situation? How did it feel?
2. Can you remember a time when you had to hold together during a stressful or emotional moment? What helped you stay strong?
3. What is the hardest challenge you've ever faced, and how did you make it through?
4. Have you ever helped someone so much that you felt you left a piece of healing in their life? What did you do?
5. Have you ever felt tempted to chase someone's eyes or attention instead of focusing on your own goals? How did you handle it?
6. Is there ever a time in your life when you had to push something away—like a feeling, a thought, or a person? Why?
7. What is something important in your life that you always try to hold onto? Why is it meaningful to you?
8. Can you tell about a situation where you really gave your best, even though the outcome was uncertain? How did it feel afterward?
9. Have you ever had a period in your life when there was no time to rest? How did you cope with it?
10. Who is someone in your life with a heart worth more than gold, and why do you think so?
11. Have you ever taken responsibility to keep things right in a family or work situation? How did you manage it?
12. Can you remember a moment when you did something meaningful, but received no loud applause? How did it affect you?
13. When do you feel completely at peace with yourself, realizing there is nothing missing inside of you?