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when you
Meant To
needed
Find You
it most

CHARLOTTE FREEMAN

Author of Everything You'll Ever Need

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**When You
Needed It Most**

CHARLOTTE FREEMAN

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Charlotte Freeman



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LITTLE PIECES

I know that your heart has been shattered into a million little pieces at the hands of others and how afraid that makes you feel to fall deeply for someone again. I know how vulnerable that makes your heart feel and the anxiety that comes along with that. I know that it's easier to put your walls back up and block love out because it's the most reliable way to ensure your heart won't ever be at risk of being so badly broken again. I know that's the easiest way because I have been there too.

But I promise you this one thing, nothing grows in that state, nothing grows when you close yourself off to the opportunity of loving again. And this is because when you close your heart you are also closing down on yourself, you are closing down on who you really are, you are letting yourself slip further and further away from your true self and what makes you feel like you. I know you love to love, so why are you taking that away from yourself? I promise you that not everybody you encounter is going to grab your heart so disrespectfully, I promise you that there *are* people out there who will take your heart so lovingly, and count their blessings each day that they have the chance to hold it.

I promise you that there are people out there who will understand the language of your heart and what you have been through and they will show you so much patience and understanding while you heal. I promise you that your feelings, your anxiety, and your trauma are not a burden to the ones who love you and I promise you that you are capable of giving and receiving love *despite it all*.

I wish you could see just how worthy you are of good things, of genuine love, of deep connections, of happiness. I wish you could escape your mind for just one moment and see everything you deserve, because once you see it, once you feel it, you can't deny that it's real. You are worth so much more than the way you've been made to feel in the past, and your past experiences do not define your future or your ability to be loved the right way, to be loved at all. I hope you find it in yourself to open up your heart again, just a little more each day, and let a little bit of love back in. I hope that in doing so you begin to see all the things that are meant for you finding their way to you, and I hope you acknowledge that you are worthy of it all.

YOU ARE ENOUGH

You are enough even when you don't feel like it. Even on your darkest days, you know, the ones when you don't even feel like getting out of bed, you're enough on those days too. You are enough even when your heart has been hurt by someone you love and care about. You know those days when you stand in front of the mirror and don't feel like yourself, you're enough on those days too. When you're exhausted, run off your feet and didn't finish everything you needed to that day, you're enough then too. You are enough. You always are and you always have been. Be kind to yourself. Today and always.

THE RIGHT ONE

Let the wrong kind of person show you all the ways that you deserve to be loved by the *right one*. Let the pain of the past be a lesson for *what's to come*. Wait for a love that feels exactly as you always thought it would, wait for a love that feels like something you haven't felt before. Wait for a love that is calm, a love that doesn't consume you, but encourages you to grow. Wait for a love that doesn't make you question yourself or your future. Wait for a love that holds your heart gently, because you deserve the softest kind of love.

—Because what a beautiful moment it is when you realize that your heart is capable of healing again even after it has been broken.

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WITHIN YOU

This is your reminder that the idea of happiness that you admire in others' lives is within you too, but the thing that a lot of us don't realize is that it's not always found *in* other people. When searching for happiness you must always start from within. You must always seek out the things that make you feel like your most authentic self. You must stop comparing your life to others and create your own path that serves your highest self. You'll never convince yourself (or anyone else) that you're happy if you're not. When it's real, it's felt—not just by you but by everyone around you.

CHOOSING HAPPINESS

Happiness isn't something you simply wake up with one day. Happiness is something you have to choose—something to strive for, to work towards. You can wish for happiness, but if you rarely make choices that align with your idea of happiness, you will never truly feel it. Accept that there will be some testing moments and try a little harder to honor yourself and make decisions that better your life and your mental state. Show up for yourself first, so you can show up for others. Remember that you have to choose happiness, it doesn't always choose you. So, stay true to your idea of happiness and make a point of doing things (*no matter how small they may seem*) each day to help you achieve it.

LOVE NOTES TO A BROKEN HEART

Trust the process // Embrace the hurt, it is the only thing keeping you moving forward // Ground yourself, you'll be okay, it's hurting but you have the strength to fight it, you're doing great // It's going to take some time, but it's going to be okay, you are going to be okay // You may not believe it now but you're going to be so much better off from this point on // Be kind to yourself // It's okay to feel whatever you are feeling // This will pass and you will feel whole again // With time, everything will be fine // You are stronger than you realize // This is the best thing that could happen to you, you just don't know it yet // You'll love, and be loved again // You are worthy and deserving of so much more // Think about the reality of the situation rather than the fantasy // You will experience so much joy and excitement, how you feel now will pass, hang in there // You always have yourself, and you are always enough // What's meant for you won't pass you by // Process the pain, grieve, and learn the lesson // Be grateful that you were able to feel so deeply // The best is yet to come // With every heartbreak, you are one step closer to meeting the right person // Trust me, you'll be okay // Being alone is a gift that shows you how much you are worth. Embrace it // There is no timeline for healing // You are not overreacting. It's okay to feel this way. Embrace it, you'll feel a little stronger tomorrow.

YOU

Sometimes all you need is just one person to believe in you when nobody else does. Sometimes that's all it takes to put one foot in front of the other *even if that person is you.*

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I'M PROUD OF YOU

Just in case no one has told you this today, I'm so proud of you and everything you have endured and achieved. I hope you know how worthy you are and how much you bring to the world.

I'm proud of you for not giving up, no matter how many times you've wanted to. I'm proud of you for choosing to keep going. I'm proud of you for continuing to show up each day despite what you have been through.

I'm proud of you for taking steps to better yourself and your life lately and for finally showing yourself just how much you are capable of.

Your strength and courage is inspiring, and you should be so proud of yourself, too.

THIS WAS MEANT TO FIND YOU

SOMEONE LIKE YOU

I hope you find the person
Who makes you feel like yourself,
Who makes you genuinely happy.
I hope you find the person
Who is looking for someone
Just like you.

And all this time
you thought
you were falling apart,

you didn't realize
you were actually
putting yourself
back together.

—*healing*

ONE PERSON

Sometimes all you really need is just one person. One person who understands you entirely, one person who you can share your thoughts with safely, with trust and without judgment. One person who won't give up on you, nor you on them—no matter how tough things get. Sometimes all you really need is someone to just be there, not necessarily doing anything or saying anything, but to just be there when you need them. Sometimes the words “I've got you” are all you need to hear to keep going. As you grow you really do realize that quality is far greater than quantity, and these friendships must be treasured. So hold onto them with everything you've got and make sure they always know that *you've got them too*.

SOULMATES

Some souls *instantly* click. Whether you're lovers, best friends, soulmates, or something so special that words *can't quite explain it*. You accept this person for *everything* they are, and they would never let you be anything other than your beautiful, *imperfect self*. These are the souls that you encounter and just know in the very first moment that you were *supposed* to cross paths. Their presence makes you feel safe and calm, like you are home whenever you're with *them*. They are *without a doubt* the most special person you've had the privilege to love—no distance, time, or person could come between the bond you share. Their kindness, softness, sincerity, and unconditional love makes you feel like a better person, because life is simply better *with them in it*. Whatever form they may come in, these souls are your happy place, your comfort, your sunshine, your *everything*, and you genuinely could not imagine life without them in it.

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by Charlotte Freeman

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CHARLOTTE FREEMAN is an author from Queensland, Australia, who writes pieces that resonate, from one soul to another.

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If you are hurting, feeling, healing,
letting go, starting a new chapter or
learning to open your heart again;

This book was meant to find you
when you needed it most.

CHOOSING YOU

I hope you have the courage to choose yourself, over and over. I hope you have the courage to move forward, not backwards. To choose growth over comfort, to choose possibility over the past. I hope you know how *worthy you are* of everything you've ever wanted, even if an unkind heart has caused you to believe otherwise. Your soft heart deserves to feel *loved* and *chosen*, not just today, but *every day*. I hope you wake up each day feeling hopeful and encouraged, knowing that you're so capable of *every single thing* you want to do, big or small. I hope you remember to think beyond your comfort zone from time to time and never forget the importance of growth. I hope you remember that progression isn't always easy and sometimes the things that scare you will actually get you a lot closer to where you want to be. I hope you make the most of each day and know that *you are worthy* of the life you have been gifted, that you are worthy of success and deserve *all* the triumphs you've worked *so hard* for and all beautiful things coming your way.

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