

**Everything**

you can

**You'll Ever**

find within

**Need**

yourself

CHARLOTTE FREEMAN

FREE PDF PREVIEW

FIND THE FULL  
BOOK HERE

# Everything You'll Ever Need

You Can Find  
Within Yourself

CHARLOTTE FREEMAN

THOUGHT  
CATALOG  
Books

THOUGHTCATALOG.COM  
NEW YORK · LOS ANGELES

# Charlotte Freeman



[instagram.com/momentaryhappiness](https://www.instagram.com/momentaryhappiness)

[tiktok.com/@momentaryhappiness](https://www.tiktok.com/@momentaryhappiness)

## THE LITTLE THINGS

Maybe the little things that you consider your weaknesses are actually the things that people treasure the most about you. Maybe you hate that you care too much...or that you wear your heart on your sleeve, but some people think that's the best damn thing about you. We all have different little things that make up who we are; we don't need to change those things, but we can choose who we share them with.

## BECOMING

Be strong, be kind, be free. Do things that make you proud of yourself. Surround yourself with people who bring out your best qualities, and distance yourself from the people who do the opposite. Be true—true to yourself and true to your morals. Stand up for yourself. Don't let people take advantage of your kindness and soft heart. Don't take shit from anyone, and don't put yourself down. Believe in yourself and believe in your journey. Be good to yourself. Be unapologetically you. Embrace your imperfections. Accept the fact that when you grow, sometimes you lose people and that's okay. Celebrate your every success and learn from failure. And most importantly, never, ever let anything stand in the way of the woman you are becoming.


## EMOTIONS

The thing is, everyone on this planet feels all of their emotions in their own way. Sometimes you won't agree with how someone feels or deals with a situation, just like some people won't agree with how you deal with it. It's important to remember this. It's important to remember that things won't always go the way you want them to, and while you may not have any control over the outcome, you can control how you react to it. Every human on this planet is different, and if you choose to, you can learn so much from understanding why we feel the way we do and why others feel the way they do. Communicate, listen, and learn. Don't forget that others may be suffering, too, just like you are. Maybe they show it and deal with it in their own way, that you don't understand, or maybe they don't show it at all.

## FEEL LIKE ME

When it comes to love,  
it's not always about  
how you feel about that person;  
it's about how that person  
makes you feel about yourself.

*You make me feel like me.*



**Everything**  
you can  
**You'll Ever**  
find within  
**Need**  
yourself

CHARLOTTE FREEMAN

Buy The Book

[click here](#)



## **SIMPLY, YOU.**

Stop worrying about what other people think of you and focus on yourself instead. Focus on what makes you happy; focus on what makes your soul feel at peace. You are your biggest commitment, so start loving your flaws, your awkwardness, your weirdness, your intensity, and your vulnerability. Life becomes so much more fulfilling when you are simply yourself. The world keeps spinning whether people understand you or not, so why not make this next trip around the sun about you?

## **BETTER OFF WITHOUT YOU**

Letting someone go doesn't always mean  
that you don't love them anymore.

It means that you love yourself enough  
to become the person you need to be without them.

## **WEIGHT**

One day you will wake up and all of a sudden the weight of the last few weeks, months, or even years will be lifted off your shoulders.

You can't control when that day comes; all you can do is stay strong and trust that it is coming.

## REALIZATION

And then one day I realized  
I was far more deserving of my love  
Than the one who broke me.



**Everything**

you can

**You'll Ever**

find within

**Need**

yourself

CHARLOTTE FREEMAN

Buy The Book

[click here](#)

## On The Fence

There is nothing  
That hurts the heart  
More than a lover  
Who doesn't want to commit to you  
But can't let you go.

## VALIDATION

Stop believing that you need to be in a relationship to feel validated. I would much rather be validated as my own person than validated as somebody else's person. Please don't get into a relationship until you can see your worth as your own person first. Another person should never define you, even if you are in a relationship. Be you because of who you are, not because of who someone else is.

## SUNFLOWER

Sometimes in life you cross paths with someone who instantly makes you feel calm, refreshed, alive, and wholesome. They encourage your dreams and celebrate your wins without an ounce of jealousy. They just want what's best for you, and you for them; there isn't much more to it. They are warm and bright, loving and loyal. You can't help but feel authentically happy in their presence, like the best version of yourself.

*—Thank you for being my sunflower.*



## FEEL HOW YOU FEEL

Don't let anyone tell you that your feelings are invalid. Don't let anyone make you think that feeling deeply makes you weak.

You know what you want and you are strong enough to know what you won't tolerate. You're allowed to feel how you feel, and you're allowed to be upset when someone tells you otherwise.

Everything You'll  
Ever Need  
(You Can Find  
Within Yourself)

by Charlotte Freeman

Buy The Book

[shopc.at/everything-you-need](https://shopc.at/everything-you-need)

THOUGHT  
CATALOG  
Books

—shop  
catalog

[instagram.com/thoughtcatalog](https://www.instagram.com/thoughtcatalog)  
[tiktok.com/@thoughtcatalog](https://www.tiktok.com/@thoughtcatalog)

[instagram.com/shopcatalog](https://www.instagram.com/shopcatalog)  
[tiktok.com/@shopcatalog](https://www.tiktok.com/@shopcatalog)

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

[INSTAGRAM.COM/MOMENTARYHAPPINESS](https://www.instagram.com/momentaryhappiness)



Thought Catalog Books is a publishing imprint of Thought Catalog, a digital magazine for thoughtful storytelling. Thought Catalog is owned by The Thought & Expression Company, an independent media group based in Brooklyn, NY, which also owns and operates Shop Catalog, a curated shopping experience featuring our best-selling books and one-of-a-kind products, and Collective World, a global creative community network. Founded in 2010, we are committed to helping people become better communicators and listeners to engender a more exciting, attentive, and imaginative world. As a publisher and media platform, we help creatives all over the world realize their artistic vision and share it in print and digital form with audiences across the globe.

**ThoughtCatalog.com** | Thoughtful Storytelling

**ShopCatalog.com** | Boutique Books + Curated Products

**Collective.world** | Creative Community Network

Everything

you can

You'll Ever

find within

Need

yourself

CHARLOTTE FREEMAN

## CONNECTION

*One genuine connection  
can make you feel at home  
in an unfamiliar place.*

## RUN FREE MY LOVE

Don't ignore that little part of you  
going—the little voice in your head  
believes in you even when you are doubtful.  
That's the part that will lead you to great  
run from that beautiful, vulnerable part  
magical opportunities. Let that little voice speak  
you have too much passion and determination  
your gift from the world. Run free, my love; unleash  
beauty on this world, and don't stop until that burning fire  
inside your soul feels proud.

**Everything**

you can

**You'll Ever**

find within

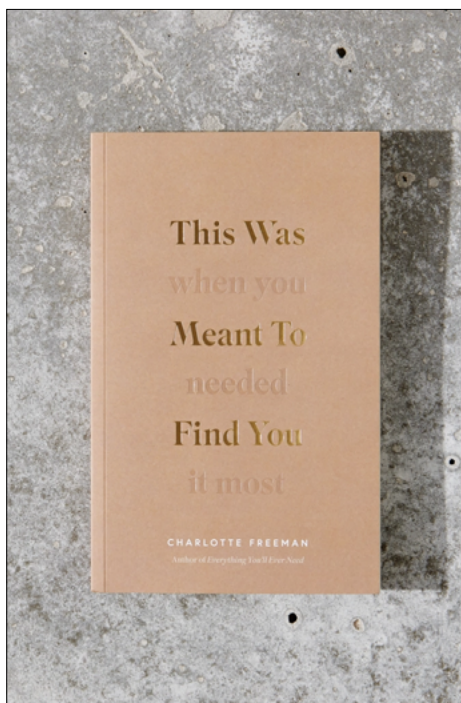
**Need**

yourself

CHARLOTTE FREEMAN

MORE BOOKS BY

# Charlotte Freeman



shop all books



# THOUGHT CATALOG Books

Thought Catalog Books is a new kind of book publisher. Founded in 2012, Thought Catalog Books is the print and physical media division within the Thought Catalog Network.

Books connect our company's digital-native roots with our love of traditional book publishing. Our books are designed as beloved art pieces. We publish work we love.

Pioneering an author-first and holistic approach to book publishing, we have created numerous best-selling print books, audiobooks, and eBooks in over 30 languages.

---

## Shop Catalog

Thought Catalog Books releases are sold internationally through [shopcatalog.com](http://shopcatalog.com)—our official online marketplace specializing in thoughtful books, apparel, home goods, and accessories carefully crafted to inspire your mind and surroundings.