

**Hey you...
Yes, you!**

**A LETTER OF
ENCOURAGEMENT**



By Sarah Vigue
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HEY YOU... YES, YOU!

Stop what you're doing for just a minute and give me your attention.

I want you to know that YOU ARE INCREDIBLE!

I don't know the last time somebody looked at you and appreciated what they saw so let me do that for them.

Reader, know that you could never be a mistake and that your sophisticated and unique DNA shows that you were planned to be exactly what you are:
PRICELESS!

You are not “too much” and you are not “a disappointment.” It takes courage to live out each day and here you are doing just that. This gives me GREAT delight and I thank you for that!

Do you like what you see when you look at yourself? Do you like who you are and whom you are becoming?

If not, it's time to make changes, changes that you are more than capable of making.

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- Now, you don't have to do this alone.
- We need each other to create good community – a place or space where we help others and they help us. We've also got a BIG God who is quite capable of handling all your heavy and awkward baggage. So make no excuses, **you are ready to discover exactly how glorious and lovely you are!**
- Because you're reading this, I consider you part of my community and I am so grateful for that! There you go again, eliciting more gratitude from me and all you're doing is ready. A little effort goes a long way. How much more can you do when you're actually trying to connect with someone? How much more can you accomplish when you really value yourself?
- Even if there is no one in your life but God Himself, you must know (if not, you do now!) that someone loves you, appreciates you, adores you, and is over-the-moon joyous because of your very existence.
- Remember this when you feel **crushed, broken, pointless, or some other lie**. You are loved day-after-day until the end of time and beyond. I told you, we serve and love a big God (and if you don't, it's not too soon to start) whose love is eternal.
- Be courageous, be original, be passionate, be YOU. And write your life every moment of every day.

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- When you backslide, take inventory, and get back up. Then, stand firm and focus on getting right back where you belong. Mistakes don't define you and neither does your past. **Shame is a waste of time and has no home in you!**



SHAME IS A WASTE OF
TIME & HAS NO HOME IN
YOU!

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You are amazing! That's it. No strings attached.

Thank you for letting me share this with you. **Bookmark and Save** this digital download because, **friend**, you might just need to read these words again and there is *nothing wrong with that*.

After all, you're worth it, aren't you?

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Award-winning author **Sarah Lacey Vigue** carries with her multiple writing projects including the cover story “No Fish” in *Shortcuts*, the Norton Women’s Society Award for excellence in memoir Essay, and the long-form colloquium, “The Rape of Grace.” With two degrees in English and Comparative Literature, she loves examining literature, which serves her well during Bible and theological studies.

After a difficult corporate layoff in 2008, Sarah embraced the world of digital marketing and took up product writing about prairie dogs in Wonder Women bikinis (available for \$8.99), bedroom furniture (including walk-in wardrobes) for small animals, and writing desks for Shih tzus.

As an in-house writer and marketing project manager, Sarah made the decision to embrace writing and marketing full length books to her portfolio. She continues to support freelance writers and first time authors new to the digital literary world.

She no longer works at monitoring web forum behavior and community engagement. It resulted in unsuccessful attempts at developing incarcerated writers into productive artists. They seldom took their work seriously and spent the majority of their time writing about how to hide cigarettes in typically hidden body parts. Additionally, learning to make alcohol in prison (from ketchup and cans of Del Monte fruit hidden in prisoners’ toilets) failed to achieve even mediocre interest with publishers and, well, most of humanity.

Sarah went on permanent sabbatical when her co-workers and friend (some of which are now former friends) expressed concerns when she brought up her new interest in smoke ring blowing and trying flavored chewing tobacco. She had heard that snuff would put hair on her chest and grew interested.

For fun, Sarah has run with the Olympic Torch (2001 Salt Lake City Olympics). She has written non-fiction such as memoir, magazine and newspaper articles, catalog copy, e-newsletters, case studies, and e-books – all published in various professional publications. Her fiction includes short form like poetry and prose. She credits her two Bachelors’ for allowing her to write with such versatility but research for giving her zany topics to explore without getting bored and to write without getting stale.

The funny yet serious author started publishing several mediums for several industries in 2005: Ghost written short stories, grant writings and online articles are all under her belt in addition to her full-time 9 to 5 jobs. Though Sarah is not permitted to name some of the groups for whom she has written, there are far fewer she allows herself to name like that pro basketball player who needed her to create his favorite childhood memory. To learn more about the author who occasionally writes under the penname Sarah Lacey, visit <https://sarahvigue.com>.

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