

EPISODE 8 I AM ENOUGH FREE TAKEAWAY HANDOUT FIVE WAYS TO FEEL ENOUGH

1. YOU ARE PERFECTLY IMPERFECT.

If you think you have to be perfect, this is a problem. It's a lot of pressure to be perfect all the time! You are allowed to make mistakes. You are allowed to fall sometimes. You are allowed to try things out and when you fail move on to something else. But you have to ALLOW yourself to be imperfect. You can't do it all. Whatever you can do is enough as long as you keep going for it, pushing yourself, doing what you can when you can for as long as you can.

2. YOUR MISTAKES ARE THERE FOR YOU TO LEARN FROM NOT TO PUNISH YOU.

You are going to make mistakes. It is the reality of us being imperfect. It's not fun, it can be really hard, and make you feel horrible. You can always learn from your mistakes. You can always use them to better yourself, grow, change, shift and move forward.

3. YOU HAVE THE ABILITY TO GROW AND CHANGE.

You do. No matter how stagnant you feel or how long you have been where you are in life, it doesn't matter. You can make changes. You can grow. No matter what you want to change, where you want to grow, what goals you have, you are ALWAYS enough. You are always enough through your growth and change.

4. YOU ARE UNIQUE.

One of our problems in thinking that we are not enough is that we are constantly comparing ourselves to others. I do it too! Here are some examples. She's a kickass mom who does everything perfectly, always has the right snacks for her kids, they are always doing amazing art projects, and the house is never a mess. She is a successful entrepreneur who has never struggled, whose business was instantly successful, who helps people wherever she goes, and who never has to worry about money. She is so incredibly beautiful she never worries about her appearance, is always put together, knows the exact outfit to wear daily, and everyone just loves her. These are the CRAZY things that we think sometimes and these not enough thoughts are what bring us down.

5. YOU DESERVE TO THRIVE.

You do. You deserve to have everything that you want. You deserve to do exactly what feeds your soul and your passions. You deserve to have someone adore you. You deserve to be healthy and happy.. You deserve love. You deserve ALL of these things and more. Create your own list.