

EPISODE 8 I AM ENOUGH SUNFLOWER EXERCISE FREE HANDOUT

Materials you will need:

2 pieces of white plan paper

Markers or crayons anything you want to decorate your sunflowers

A Journal or paper to write down what comes up for you

This is a process so take your time.

Draw a sunflower on a piece of white paper. Make lots of petals so that you can write a word/s on each petal. In the middle of your sunflower, write the word "I am enough." Color or decorate your sunflower.

Now, write down a word/s on each petal that conveys you are enough. i.e beautiful, bold, smart, When you are done, set that aside. You can always add more petals if you need to. Take your time.

Now make another sunflower and in the middle of your sunflower write "I Am Not Enough." Write down a word/s in your petals of where you don't feel enough. Color and decorate your sunflower.

Once you are done with your two sunflowers place them side by side so you can see what you wrote on both sunflowers.

This is the time to journal what comes up for you so that you can heal what isn't true about yourself. Who gave you these false beliefs? Where did you get the false belief from? How old were you? Go deep with each thing you wrote.

Look at the sunflower where you don't feel enough. Take one petal at a time and sit with what you wrote. Is this a false belief or

a true belief of yourself? How does this belief make you feel? Has this false belief stopped you from living your life big and bold?

I invite you to give that false belief back to the person who gave it to you. If you need to, you can write a letter to the person who has given you a false belief. You can burn it or keep it. Release this false belief. Don't own it anymore. It's false and it's not yours!

Write down what came up for you.

As you embark on this journey, feel everything that comes up for you even if it's painful. This is your process and only you can do this work. It's through this process that will help you feel and be enough.

Once you let go of one false belief at a time. I encourage you to start practicing your new belief. Feel it. Own it. Remember you are enough!