

EPISODE 8: I AM ENOUGH FREE TAKEAWAY

EXERCISE: *Place a check mark next to the words that describe that you are enough on the “I Am Enough” sheet. Add words if they are not on the list.*

I AM ENOUGH

- | | | |
|--|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Playful | <input type="checkbox"/> Loving | <input type="checkbox"/> Honest |
| <input type="checkbox"/> Courageous | <input type="checkbox"/> Generous | <input type="checkbox"/> Thankful |
| <input type="checkbox"/> Encouraging | <input type="checkbox"/> Comforting | <input type="checkbox"/> Leader |
| <input type="checkbox"/> Successful | <input type="checkbox"/> Curious | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Responsible | <input type="checkbox"/> Wise | <input type="checkbox"/> Unique |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Positive | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Focused | <input type="checkbox"/> Patient | <input type="checkbox"/> Giving |
| <input type="checkbox"/> Active | <input type="checkbox"/> Creative | <input type="checkbox"/> Helpful |
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Peaceful | <input type="checkbox"/> Friendly |
| <input type="checkbox"/> Resourceful | <input type="checkbox"/> Emotional | <input type="checkbox"/> Safe |
| <input type="checkbox"/> Winner | <input type="checkbox"/> Important | <input type="checkbox"/> Limitless |
| <input type="checkbox"/> Growing | <input type="checkbox"/> Social | <input type="checkbox"/> Potential |
| <input type="checkbox"/> Conscientious | <input type="checkbox"/> Self-made | <input type="checkbox"/> Infinite |
| <input type="checkbox"/> Genius | <input type="checkbox"/> Open | <input type="checkbox"/> Self-loving |
| <input type="checkbox"/> Proud | <input type="checkbox"/> Powerful | <input type="checkbox"/> Original |
| <input type="checkbox"/> Motivated | <input type="checkbox"/> Flexible | <input type="checkbox"/> Nurturing |
| <input type="checkbox"/> Champion | <input type="checkbox"/> Complete | <input type="checkbox"/> Authentic |
| <input type="checkbox"/> Proud | <input type="checkbox"/> Expressive | <input type="checkbox"/> Abundant |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Magical | <input type="checkbox"/> Amazing |
| <input type="checkbox"/> Explorer | <input type="checkbox"/> Reflective | <input type="checkbox"/> Visionary |

I am a dream unfolding.

I am a shining star!

After you have marked checks by the words. I invite you to take this deeper. How are you playful? How are you courageous? Go through all the words you checked.

If there any other words you would add that make you feel enough? Add them.

Have fun beautiful ladies. Always remember you are enough!