



YOU ARE ENOUGH

These bodies we walk around in are conditioned for self-loathing. Most of us are addicted to the quiet belief that we are inadequate.

Am I carrying the belief that I'm not doing enough?

What do I feel powerless about?

What do I feel powerful about?

Who am I trying so hard to please?

What do I pressure myself to achieve?

What does my self-talk sound like when I don't measure up to my own standard?

Do I feel burdened by pressure to show up in ways I'm not fully confident about?

What do I think will help me be more confident?

Do I seek more education, more information, more (fill in the blank)?

I would have more peace in my life if I was able to ____.

I tend to compare myself to ____ right now.

I hold the bar really high for myself in the area of ____.

If I let up on the pressure a little bit, I'm worried I will ____.

The reason I strive so hard is ____.

If I believed that I was enough right now, how would that shift my outlook for the day?

The voice that cracks the whip belongs to ____.

*Just put one foot
in front of the other*