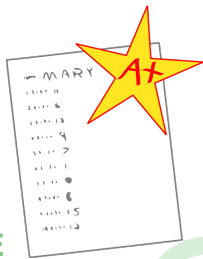


# M2 Be A Stress Master Series: Week 5

“How much is enough?” is a great question to ponder and reflect upon. Until we know how much enough is, what we have, and what we do, *who we are* will never be enough. This not-enough mindset can contribute to our stress response in the form of always striving yet never arriving. We live with a hole in the bottom of our cup of satisfaction, an unsatiable vortex that sucks us into a feeling of lack. In Buddhist philosophy this phenomenon is known as “The Hungry Ghost.” And that ghost is not nearly as friendly as Casper.

Working with these reflective inquiry exercises can help open our lens of awareness in this area of not-enoughness. Working with our thinking patterns and the feelings around those thoughts with curiosity can create a pathway towards ease and a sense of abundant wholeness. When we step out of the rat race of more, our stress response fades with the awareness that **in this Now moment, I do enough, I have enough, I am enough.**



## WEEK 5 PRACTICE

### INTERNAL ENOUGHNESS REFLECTION

1. What are my “not enough” phrases?
2. What is my life like when operating from “not-enoughness?”
3. How can I begin rephrasing my mental chatter towards “enoughness?”

### EXTERNAL ENOUGHNESS REFLECTION

1. First, take an inventory of all the stuff you HAVE. Make a list. Exclude nothing. Explore every room, every closet.
2. Second, reflect on all the things you absolutely NEED – the non-negotiables.
3. Next, compare your HAVE list with your NEED list. Do you HAVE what you NEED?
4. Finally, list the things you WANT. Why do you WANT them? Notice if there is a glimmer of not-enoughness in your wanting.
5. How does your WANT list impact your stress response?
6. Write a brief note describing the felt sense experience of “Enoughness.” Use your imagination to find that place within.
7. What small steps can you take now to implement a habit of enough?

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