

Personal Inquiry Worksheet

1. What are my “not enough” phrases?

2. What past opportunity did I let slip by because of an unconscious “not-enoughness?”

3. What is my life like when operating from “not-enoughness?”

4. What phrases might I shift to as a way of stepping into and embracing my enoughness?

5. List places in your life where the abundance of enoughness is evident.

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