

# I am enough

## **I am enough.**

I am strong enough, smart enough, and good enough. I find authentic joy in my own existence.

**I have self-love, and my self-worth is enough.** I recognize that my abilities are enough. I have more than the adequate amount of talent and skills. I push against negative thoughts that can make me feel worthless.

I have peace in my heart and soul because I recognize that I am enough. I do enough, work enough, and play enough.

I have love and compassion for the people in my life. I have sympathy for the plights of others. I have enough empathy for the world. I practice kindness, and what I do each day is enough.

## **I let go of the limiting beliefs that affect my self-worth.**

Instead, I focus on the positive aspects of my life. I treasure my friends, family, and coworkers. I eagerly share my wealth with them. I cherish the time we spend together

and live in the moment.

## **I am enough the way I am right now.**

I let go of the feelings that suppress my self-love and joy. I eliminate the negativity that drags me down.

Today, I acknowledge that I am enough. I deserve love, joy, and wealth. I am strong enough to handle challenges. I am smart enough to make wise decisions. I am brave enough to live life on my terms.

## **Self-Reflection Questions:**

1. What can I do to remind myself that I am enough every day?
2. How can I fight the feelings that challenge my self-worth?
3. What can I do about people and situations that make me feel worthless?