

No matter how much we do, many times we feel that it's still not enough – or that WE are not enough.

Whenever you're not feeling like this, it helps to unpack it and understand it so you can move on and not allow it to hold you back from taking action.

This worksheet will help you to do the work on the belief and help you move forward. Remember – they are just beliefs and we have the power to change our beliefs and create a whole new reality for ourselves.

To use this worksheet, take a blank piece of paper and pen answer each question. Don't over-analyse them, just write from a place of honesty.

Remember: you have so much inside you to offer the world!

Let's explore!

First of all – we need to get specific.

A problem well-stated is a problem half-solved.

Think about what it would mean to you specifically to be able to knock out that belief and live from a place of feeling enough.

For example - I will be help X number of people to change their lives, grow my business to my goal of X profit etc. Be as specific as possible.

Complete these sentences:

When it comes to:

(Example "Recording a Facebook Live video")

I'm feeling like I'm not ... _____ enough.

(Example "Confident") Now answer the questions on the next page.



Kat Millar - Amplify Your Influence
info@katmillar.com

1. WHY is it important that I feel _____ enough?

2. WHAT is enough?

3. WHEN did I decide I'm not _____ enough?

4. Enough according to WHO?

5. HOW will feeling _____ enough improve my life?

4. WHAT if right now I AM _____ enough?

5. WHAT action will I take to move forward NOW?

Remember, it's not the questions but your answers that make the difference.



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