

# The Enoughness Reminder

A reflective worksheet to remind yourself that you are already enough - just as you are.

**1. I used to believe I had to \_\_\_\_\_ to be worthy.**

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**2. What I know now is...**

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**3. Three affirmations I'm choosing to believe today:**

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**4. A note to my younger self:**

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**5. Something I can do this week to practice being enough:**

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