

My Being Enough Check-In

We can hold ourselves to standards without realizing where those standards came from or whether they are realistic. This worksheet is a chance to look at what **“being enough”** means to you and how your thoughts, comparisons, expectations, accomplishments, mistakes, and the opinions of others may influence that belief.

There are no right or wrong answers. Take your time and answer what feels meaningful to you.

What Does “Enough” Mean to Me?

When I think **“I am not enough,”** what do I usually feel I am not enough of?

Finish the sentence:

I would feel like I was enough if...

My Thoughts

What thoughts tend to appear when I feel that I am not enough?

Choose one of those thoughts:

Is this thought a fact, or is it something I have come to believe about myself?

What am I using as evidence that this thought is true?

Remember

A thought is just that—a thought. Having a thought does not make it true or real.

Comparison

Who or what do I tend to compare myself with?

What areas of my life do I compare most often?

When I make these comparisons, how do they affect the way I see myself?

Where am I now compared with where I started?

Expectations

What expectations do I have for myself?

Where did some of these expectations come from?

Are there expectations I am carrying that originally came from someone else?

Which expectations still feel important **to me**?

Are there any expectations I would like to reconsider?

Accomplishments & Productivity

What accomplishments am I proud of—large or small?

How do I usually feel about myself when I haven't accomplished what I planned?

Do I measure my value by how much I accomplish or how productive I am?

What qualities do I value about myself that have **nothing to do with productivity or accomplishments**?

Other People's Approval

Whose approval matters most to me?

Why does their approval matter to me?

How do I feel when someone does not approve of something I do or a choice I make?

Have I ever changed, hidden, or minimized part of myself because I was worried about someone else's opinion?

Mistakes

Think of a mistake that has affected the way you see yourself.

What happened?

What did I tell myself about the mistake?

Was I judging what I did, or did I turn the mistake into a judgment about who I am?

What did I learn from the experience?

Redefining Enough

After working through these questions, think again about what **being enough** means to you.

Are the standards I have been using to measure myself fair and realistic?

What would I like to stop using as a measurement of my worth?

What do I want “being enough” to mean for me?

A Reminder to Myself

Finish this sentence in your own words:

I am enough even when...
