

THE GOOD ENOUGH PRINCIPLE

Of the many limiting beliefs that hold people back in life, the big kahuna is: 'I'm Not Good Enough.' These words make up the internal dialogue of almost every person on the face of the planet. If they resonate with you, you're definitely not alone! Somewhere along the way, we bought into the idea that we weren't good enough, so we decided that we would try and become perfect, which is an endless, tireless pursuit.

'We learn our belief systems as very little children, and then we move through life creating experiences to match our beliefs. Look back in your own life and notice how often you have gone through the same experience' - Louise L. Hay.

Once this belief 'I'm not good enough' is formed - we continually look for ways to validate and prove that it's true. For example:

- My parents didn't stay together = There's something wrong with me = I'm not good enough
- Someone's not interested in me = There's something wrong with me = I'm not good enough
- I didn't get the job I wanted = There's something wrong with me = I'm not good enough

And, this pattern of habitual thinking can follow us right through the extent of our life (if we allow it to).

EXERCISE

Take some time to reflect and consider how this limiting belief 'I'm not good enough' affects your own life. Use the following questions to help guide your thinking:

1. In what ways do you recognise this belief in your own life?

2. How has your life been affected as a result of carrying this negative limiting belief? What results have you got?



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As we begin to think differently and take ownership of new ideas, we can change the way we think, change the way we interpret the past, and change and modify our expectations of the future. If we're simply bold enough to accept the fact that who we as individuals are 'good enough' - not perfect - but 'good enough', then this sets us free for the rest of our lives. We no longer have to strive for perfection and can simply just commit to a journey of self-improvement, where we work on being a better version of ourselves today than what we were yesterday and so on.

3. Consider the events from your past where you learned to believe you were 'not good enough' - how might you re-interpret these events now?

4. If you chose to accept the fact that who you are as an individual is fundamentally 'good enough' then how might you change or modify your expectations of the future?

