

This guide is intended to be used as a complement to my podcast "Another Beautiful Life." It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I'm already praying you hear His voice clearly.

Episode 162 – Not Enough, pt. 2

0 = it's not enough/there's not enough.

If you find that you have a strong message of "it's not enough" in an area of your life and you say that over and over again, that is creating a deep rut in your mind. Your mind will get fixed on it as fact and it will be difficult to consider any other perspective. "Not enough" will begin to permeate your entire life.

Looking at these 12 areas of your life, rate each one zero to five, according to their "enoughness" or transfer your answers from last week's guide.

5 = I have more than enough.	It feels abundant.	
Mental Health	Emotional Health	Spiritual Health
Physical Health	Resilience/Growth	Relationships
Agency	Finances	Recreation/Rest
Physical Environment		Purpose
equal airtime to it. And what I med create another one for the brain t	an is, your brain is stuck in one nar o consider.	new perspective. Step one is to give rative, and we're going to purposely why it's not enough. Do this for each

The minute we start considering that it actually is enough, or it has been enough and why, then the brain makes a shift. You've tasked your brain to consider thinking about something else. Remember, that's how your brain is working. It is constantly wanting to answer questions and solve problems. We're giving it a ne problem to consider and solve. So now give it equal airtime by making a list of why it is or has been enough to bring balance to the mind. Again, do this for each area separately:
Step 2: After you've done that, you're going to need to have, not just a soul shift – mind, will, and emotions but also a total spirit shift to align with truth. Following king Hezekiah's example, spread this piece of paper before the Lord, asking Him for help to fill your life with fullness so that it is enough in your heart and mind Holy Spirit is speaking through our minds all the time to create that perspective shift. Use this space to make the properties of what you feel like He is trying to tell you:

Our job is to take all these things in our regular normal life, all these places where we've bought into the idea that our lives are not enough, that we are not enough, and lay them before the Lord and, ask for His help. He will do for us just as He did for King Hezekiah. He's the same God yesterday, today and tomorrow, and He wants to get truth into your spirit and soul.

Don't get stuck in "not enough," which can make you discontented and miserable. Let me help you! Feel free to email me at: coaching@triciazody.com.