

TRICIAZODY
Another Beautiful Life
 PODCAST GUIDE

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 161 – Not Enough

Our brains are wired to prove what we are thinking is true. It would rather be right than happy. So what you think, you end up creating when you think there’s “not enough” of something in your life. This happens because your thoughts determine your feelings. And your feelings determine how you act. And depending upon how you act, you get certain results – ones that you like or maybe don’t like. Proverbs 23:7 says, “As a man thinks in his heart, so is he.” What you think and believe in your heart, you will see play out in your life. So, you can imagine what the results are going to be in one particular area of your life if you are saying, “It’s just not enough.”

1) Looking at these 12 areas of your life, rate each one zero to five, according to their “enoughness.”

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

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 _____	Time _____	Purpose _____

We want to recognize or to try to discover what is driving the idea that it's not enough. We want to ask ourselves, “Who says it's not enough? Where is that coming from? Is it an external source? What messages am I listening to that may be suggesting that it's not enough?”

2) For any area that you rated below a 3, write it/them on the lines below and answer the questions above:

3) Now, consider what would be enough. How would you know it's enough?

In the episode, I gave you an example of a time when I felt like my physical environment was not enough after touring multimillion dollar homes and how making a change made me more content.

4) In those areas rated below a 3, discover if there is something that you have control over to change:

The discovery process means that we need to intentionally be aware of what's coming up inside you right when you have these external influences on your life. Is the “not enough” coming from within your own heart and mind?

If you find that you have a strong message of “it’s not enough” in an area of your life, that’s a message that is, when said over and over again, 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 – a perspective like, “I have in abundance. I have more than enough,” which brings real peace and contentment.

Be sure to tune in next week as I give you actionable steps to take to prime the brain to create a new perspective – to get your out of a stuck, negative narrative and into considering thoughts that bring a sense of fullness and abundance in your life.

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.