



Objections to I Am Enough

You are enough! So get into the habit of accepting and liking yourself by beginning and ending every day with the words:

- I am me and I am enough
- I have always been enough and I will always be enough
- I am more than enough

Make a point of saying these things when you are showering, cleaning your teeth, getting ready for bed or for work. Write it on your mirror, use it as a screensaver, stick a note in your wallet/purse, put it on your fridge, write it in many places where you will see it regularly and then repeat it to yourself over and over and really get it, because it's true.

Your mind may challenge believing I Am Enough by coming up with objections. It is totally natural and normal to initially come up with objections. It goes something like this: you say "I am enough" to yourself and you find your mind coming up with all kinds of objections such as:

- I am not enough I don't even have a relationship
- I am not enough because I've done so much self-development and look where I am
- I am not enough because I feel afraid, anxious, depressed etc
- I am not enough because I don't have a great job
- I am not enough because I don't have a great body
- I am not enough because I have done so many bad things and hurt people

It is at this stage that many people give up, not realising it is themselves coming up with the objections and they have the power to stop them and change them. To fix that for good, add the objections into the statement like this:

- I am enough whether I am single or in a relationship or because I am enough I will soon be in a loving relationship or my fears may have kept people away as I didn't believe I was enough but as I accept I am enough so will any person I get involved with, the more I like me the more others will like me
- I am enough exactly as I am but it is great that I am still doing self-development to progress myself further
- I am enough no matter how I feel and I can change how I feel by changing my thoughts and my words

- I will soon get a great job because I am enough but I am enough no matter what job I do
- I am enough even with my body as it is. The more I know I am enough the better I will feel about my body and the better I will treat it with nourishing foods and beverages and exercises.
- I am enough because I am human and I have made mistakes and I forgive myself because I am trying to do and be better now

If you keep up with shooting down the objections, using self-praise and I Am Enough statements eventually you will run out of objections and your mind will conclude “you say this so often and with such conviction it must be true”

This information is edited by Lorraine Maguire and obtained from “Ultimate Confidence” by Marisa Peer.