

Sufficiency of Self Worksheet

Imagine what life might be like if you felt enough to handle ANYTHING that life might throw at you?

Imagine what it would feel like if you trusted that you had enough of every personal quality you desired to have?

Imagine what it would feel like if you could quiet your internal voice of criticism, judgment and fear that tells you that you are not enough (attractive enough, smart enough, successful enough, good enough, rich enough, thin enough, etc)?

Imagine what your experience of life could be like if you KNEW you had the ability to create the world you wished for in your dreams for humanity?

Living from an experience of SUFFICIENCY, grounded in the truth of the genuine enoughness of who you are is a pathway to the above experience of life.

So what interferes with you experiencing yourself as ENOUGH and deters you from the path of sufficiency?

The cultural conditioning of scarcity!! Most of us have been thoroughly trained in the toxic lies of scarcity. In “The Soul of Money”, Lynne Twist explains these lies as 1) There is not enough to go around, 2) More is better and 3) That is just the way it is. These toxic lies confuse us. They push us to settle for the pursuit of excess and disregard our deepest dreams for humanity. They pit us against each other in a false sense of competition. They have us feeling like we can ever be enough to please others or to satisfy ourselves.

Once you become aware that you are unconsciously caught in the hamster wheel of scarcity, you realize that you can jump off any time you get sucked back onto the wheel. You begin to develop tools, techniques and support systems to generate the experience of sufficiency in your life. I encourage you to visit www.globalsufficiency.org for a wealth of resources in this area.

It is helpful to start by exploring where scarcity shows up in your view or experience of yourself. Ask yourself, “As a person where do I feel inadequate or lacking or insufficient?” Please write all of your answers down here (i.e. I don’t feel good enough, I don’t see myself as successful enough).

Now, try for a moment to really understand that we all have these experiences of not feeling enough because we live in a culture or environment that teaches us the mind-set of scarcity. Try to be open to

the reality that the only reason you believe that you are not enough is because of this training in the mind-set of scarcity.

Are you open to experimenting with a new mind-set, a mid-set of sufficiency? From the mind-set of sufficiency you experience yourself as whole and complete. You get in touch with your courage, your generosity and your confidence.

Try this – Take each statement that you wrote down above and create an affirmation that replaces the scarcity statement with a sufficiency statement. For example:

Scarcity Statement: I don't feel good enough

Sufficiency Statement: I am and always have been good enough

Create a sufficiency statement for each of your scarcity statements here:

Next, let's identify some people you can ask to be your support for this transition out of the mind-set of scarcity. Who might you get to be your partner in this? Who might want to do this with you? List their names here and put the date you'll contact them next to their name. You can also connect with people who share your interest in sufficiency through the Global Sufficiency Network www.globalsufficiency.org There are free resources, community groups, and products and services for purchase.

Just remember, you got to your experience of scarcity from a lifetime of practice in the mind-set of scarcity so it will take a little while to develop the new practice of sufficiency – but it will be well worth the time. Over time, you will truly experience yourself as enough to handle anything life throws at you. You will have a profound experience of how enough you are to create the life you want and the world you wish for.

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