



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 49 Action Guide: The “Good Enough” Paradigm

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What are the ways you try to prove you are enough?

How do you work to overcompensate for a perceived inherent deficit?

How do you want to redefine worthiness?

When you exchange your “scarcity lens” for a “worthiness lens”, and take on the “Good Enough” mindset, how does your viewpoint change?

This week: practice saying to yourself “It’s enough, AND there’s more,” when you feel you are not being, doing or acquiring enough. What do you notice shifts for you as you take on this new paradigm?