



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 49 Transcript: The "Good Enough" Paradigm

This week, we continue exploring a mindset essential to enjoying the extraordinary moments in life, as well as those that don't go the way we might hope and dream.

This viewpoint will not only support you in being present to whatever the moment brings, but will help you take a risk even when the circumstances aren't ideal.

I call this mindset the "Good Enough" paradigm. When we take on this perspective, it liberates us from perfectionism and creates a bedrock of worthiness that strongly supports expressing ourselves in a courageous, imperfect and extraordinary way.

I've found one of the deepest questions we wrestle with, and that holds us back from full living, is "Will I Ever Be Good Enough?" This question takes on many forms, including "am I enough?" "have I done enough?" or "do I have what it takes?"

We spend a lot of energy trying to prove to ourselves, and others, that we are enough. Or, we believe that we will never be enough so we're left with the difficult task of working hard to overcompensate for this perceived inherent deficit.

When we take an honest look at our story, and identify what we perceive we need to be or do in order to be loveable, we can then choose to re-define this.

The same goes for our definition of what it takes to be enough; to be worthy of belonging and to feel adequate about what we have to offer. The definitions of worthiness, and our ability to be loveable, really are one in the same.

The only way to cultivate a new definition of enoughness is through radical self-acceptance, unconditional love and compassionate understanding toward our imperfections.

We fear that if we accept that we've done enough, have enough, are enough; we'll stop growing and begin to stagnate in life. But, the opposite is true.



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The overwhelming pressure we put on ourselves to be perfect is what hinders our progress toward a more fulfilling life. If it's never enough, we'll never feel full.

If we believe that there isn't anything we need to do to make us worthy of love and belonging, we are free to do what we feel compelled to do from a place of passion and purpose. We can choose to live in a way that brings life to us and those around us.

The perspective we choose has a significant impact on the outcomes we experience and recognizing the lens we choose to see through allows us to begin to change our viewpoint. When we take on the "Good Enough" mindset, we are exchanging our "scarcity lens" for a "worthiness lens". The Scarcity lens is looking at ourselves, our circumstances and other people from a place of not being, doing or having enough.

We wake up already feeling like we don't have enough time in our day to get everything done, we go throughout the day feeling like we don't have what we need, and we lay our head on our pillow at night with the feeling that who we are isn't enough to prove our worthiness and secure connection with others.

The Worthiness lens is looking at ourselves, our circumstances and other people from a place of believing that we are enough. From this perspective, we don't need to compare and compete with others. We are doing what we can with what we've been given, and who we are has inherent value.

The mantra that helps me choose this empowering perspective is: "It's enough, AND there's more." This is where the feeling of happiness and deep satisfaction comes from, while fueling a meaningful life.

If it's never enough and there's always more, I'm left feeling like I've not accomplished anything. If it's enough and that's it, I'm left feeling like I don't have anything to hope for, progress toward or grow into.



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Knowing I can realize a state of completion gives me comfort, and hitting specific milestones of contentedness gives me strength to keep going.

I'm really curious what might shift for you this week as you take on this paradigm while knowing, "It's enough, AND there's more." Be sure to download the action guide to support this process as you share what you are learning on our group page.