

## Proven Steps to Deal With the “Not Good Enough” Voice

1. Be aware of it when it's happening. Notice it as it plays in your head. Comparing yourself with others, wanting to be perfect, fear of not being in control activates the not good enough voice.
2. Stop in the name of God - Sing the song OUT LOUD to yourself.
3. Don't shame yourself "I can't believe this is happening again. What's wrong with me, will I ever be over this?"
4. Be compassionate and loving toward yourself. Forgive yourself for old behavior or negative thinking.
5. Admit it first to yourself, to God and to another person. Bringing it to the light erases the shame.
6. By acknowledging it, you break the 3 unspoken rules: don't talk, don't trust and don't feel.
7. Be Grateful - for everything you have. Focus on what you have accomplished. Shift the energy of negativity by positive thinking.
8. 8. Choose the truth of who you are. Choose peace, love, joy, trust, happiness, faith, abundance. I am one with God, God is all there is. Pray to heal the belief of separation.
9. Pray and meditate- rather than pushing, rushing, staying busy - embrace it and don't run from it. Ask for God's healing. Surrender, let go.
9. Practice Affirmations "I am good enough, I am more than enough. I have enough money, power, love, grace, peace. I am successful and the best is yet to come. God is my source and God and I are one. God is leading me. God has a plan that will make all of my dreams come true. Within this new day, I find a release from every old thought pattern or behavior that no longer serves me. What I am seeking is seeking me. My day unfold in peace, ease and grace. I am free."