



# Enoughness Reflection

*Resting in what is already sufficient*

Where in my life do I feel a quiet sense of “this is enough,” even briefly?

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What parts of me feel worthy or complete without needing to do more or be different?

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What expectations—spoken or unspoken—feel heavier than they need to be right now?

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**REFLECTION:** What I notice when I allow myself to consider enoughness without earning it:

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*Enoughness isn't something to reach—it's something you may already be standing inside.*