



OPERATION: I AM ENOUGH

THE MISSION: To know and feel good enough.

THE FEELING: Self-belief, Self-respect, Pride, Confidence, Wholeness.

THE BENEFITS: When we believe in ourselves we can achieve anything. When we believe in ourself, and know that we are worthy life changes in the most incredible way.

YOUR ASSIGNMENTS: Do each activity at least once over the next seven days.

We suggest doing the Subconscious mind Treatment or Mirror Work every AM, followed by the Hypnotherapy session every night just before bedtime. Your mind learns by repetition, so teach it exactly how you want it to think and behave.

Your mind will always do what it thinks you want it to do. It does what you tell it to do. You want to feel and believe with every part of your being that you are worthy and good enough.

Repeat this seven-day process over and over again until you get this desired effect and honestly believe in your self.

- **Subconscious Mind Treatment (7 mins).** Align your whole self with the knowledge that you are good enough with this powerful affirmative script exercise.
- **Your Future Most Developed Self - CBT Exercise (15 mins).** Focus on the person you intend to become with this CBT worksheet.
- **Belief Challenging Exercise - CBT Worksheet (15 mins).** Understand more about your low self-esteem. I am Enough
- **Affirmation Art (1 min).** Remind yourself constantly that you are good enough by adding this wallpaper to your phones, desktop, and social media.
- **Mirror Work (6 mins).** Reconnect with your inner self and raise your self-worth.
- **Hypnotherapy Session (25 mins).** Upgrade your core beliefs, increase your self-worth and your self-esteem.

[Click HERE to play your sessions!](#)