



## Going Deeper with Enoughness

We're taking this month to go deeper with the feeling of enoughness. Take a look at what you're experiencing in your life. Where are you not feeling like enough? Where do you feel like you don't have enough? That is your Area of Exploration (AOE) for this month. It could relate to a specific project with work, something more general like abundance, or a role you have, like mother / daughter / partner.

What is your AOE for the month? \_\_\_\_\_

What S.T.U.F.F. (Stuck Thoughts, Unresolved Feelings and Fears) do you notice when you think about your AOE?

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What would it look like if you were rocking your AOE?

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What would failure look like?

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Do either the head or the heart-center pose and connect with a wonderfully wise part of you. What does this part want you to know about your AOE? What does success mean to this part?

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