

Enough as you are - A Reflective Worksheet

Most of us carry some version of a rule that says our worth is conditional: enough if we achieve, enough if we're liked, enough if we hold it all together.

This worksheet isn't about fixing anything. It's a space to notice where that conditional worth shows up for you, and to come back, even briefly, to something steadier underneath it.

There's no right answer here. Just read through, notice what lands, and see what comes up.

WHERE "NOT ENOUGH" SHOWS UP

Some common places to start

At work: tying your worth to output, achievement, or how busy you appear

In relationships: needing to be needed, or fearing you're too much, or not enough

As a parent or carer: measuring yourself against an impossible standard

In your body: linking worth to appearance, weight, or how you look on a given day

In rest: feeling guilty for stopping, as though worth has to be earned through doing

In comparison: measuring your life against someone else's highlight reel

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WHERE "NOT ENOUGH" SHOWS UP

A few more to consider

In perfectionism: believing that anything less than flawless isn't good enough to count.

In people-pleasing: shaping yourself around what keeps others comfortable.

In your inner critic: a harsh, familiar voice that rarely gives you credit.

In achievement: feeling behind, no matter what you've already done.

In receiving: struggling to accept help, compliments, or care from others.

In your past: carrying an old story about yourself that hasn't caught up with who you are now.

Which of these, from either page, feels most familiar to you right now?

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PATTERNS TO NOTICE

Scan, narrow, repeat

Here are thirty patterns people often describe when they feel they're not enough. Read through the list. Circle any that stand out, don't overthink it. Then narrow your circled words down to your top 10, and from those, your top 5.

Perfectionism	Avoiding rest
Over-achieving	Hiding your emotions
People-pleasing	Fear of failure
Comparison	Conditional self-worth
Need for approval	Difficulty saying no
Self-criticism	Over-explaining
Over-apologising	Shrinking yourself
Difficulty receiving	Hyper-independence
All-or-nothing thinking	Fear of disappointing others
Tying worth to productivity	Self-sacrifice
Tying worth to appearance	Guilt when resting
Minimising your needs	Chronic busyness
Over-giving	Avoiding vulnerability
Chronic self-doubt	Imposter feelings
Need to be needed	Harsh inner critic

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REFLECTION

Where it may have started

Think about one or two patterns from your top 5.
When do you first remember feeling this way? Whose voice, if any, does this pattern echo, a parent, a teacher, an old relationship, a culture of achievement? What has this pattern been trying to protect you from?

YOUR ANCHOR STATEMENT

Something steadier underneath

If you could offer yourself one sentence of truth about your worth, something you could return to when the old patterns show up, what would it be? It doesn't need to feel fully believable yet. It just needs to feel true enough to reach for.

My anchor statement:

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LIVING ENOUGH AS YOU ARE

Your daily ritual

Write your anchor statement somewhere you'll see it this week.

Notice one moment each day where an old pattern shows up, and offer yourself the anchor statement instead, even if it feels unfamiliar.

At the end of the day, ask yourself: where did I treat myself as enough today, exactly as I was?

