Good Enough

Never Feel The Need To Impress Others Again

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are completely happy with who you are.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more self-confident and independent from the opinions of others

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I am smart enough

I am tall enough

I am intelligent enough

I am good enough

I am rich enough

I am attractive enough

I am outgoing enough

I am educated enough

I am strong enough

I am kind enough

I am loving enough

I am wealthy enough

I have enough experience

I have enough understanding

I have enough information

I am socially outgoing enough

I am well enough

I am healthy enough

I am flexible enough

I am powerful enough

I am insightful enough

I have enough friends

I have enough money

I have enough intelligence

I have enough memory

I have enough love

I have enough kindness

I love myself

I respect myself

I support myself

I appreciate myself

I acknowledge myself

I nurture myself

I pay attention to myself

I express myself

I forgive myself

You are smart enough

You are tall enough

You are intelligent enough

You are good enough

You are rich enough

You are attractive enough

You are outgoing enough

You are educated enough

You are strong enough

You are kind enough

You are loving enough

You are wealthy enough

You have enough experience

You have enough understanding

You have enough information

You are socially outgoing enough

You are well enough

You are healthy enough

You are flexible enough

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You forgive yourself