I *AM* ENOUGH

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I *have* enough,
I *do* enough,
I *AM* ENOUGH

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For my beautiful friend Mel Dee Dzelde

Mel – you *are* the miracle.

Introduction

When I first devised my 90-day challenge, or quest, to simply spend less and contemplate what it means to have, do and be enough, I had no idea that I was about to begin a life-changing journey.

It is my sincere hope that this book will serve as an antidote to the constant pressure we are all under to have more, do more and be more.

I've worked as a radio broadcaster and journalist for many years. It's a role I absolutely love but in recent years I've found it increasingly hard to switch off. I was afraid that if I stopped, I'd never start again.

I was over-spending, over-eating and over-working.

Something had to change.

I began to think deeply about how feelings of inadequacy plague so many of us and drive us to want to have, be or do more. So, I began to keep a journal and reflect on my life and on memories – out of which my insights emerged.

When I shared my thoughts with friends and colleagues, I learnt that while the stories were personal, the themes and learnings resonated strongly with others, prompting them to reflect deeply on the stories that have shaped their own lives.

Navigating this book

This book isn't a fast-fix or a 'how-to' book – although there are some suggestions you may choose to explore – rather it's an invitation to press pause, to check in with yourself (and your Self!) and learn what it means to be enough.

You can read this book cover to cover before starting your own 90-day challenge – or you may like to dive straight in and work alongside me. You may choose to simply reflect and journal as you read. Either way, I strongly encourage keeping a notebook and pen handy to jot down your insights.

Each chapter begins with a **Contemplation** and a story or two from my own journey, prompting you to reflect and write afterwards. Some chapters will resonate more than others and it's okay to adapt some of the practical suggestions to suit or to skip over them. You can always revisit at another time.

The **Affirmation** at the end of each chapter is designed to encapsulate the key messages and we will spend some time looking at how to create your own affirmations in ways that actually work. The following section deals with affirmations, guiding you through their purpose, intention and how to do them.

You will find the key themes of what is enough – in terms of our bodies, careers, money, love, relationships and loss – are revisited in each of the three parts in this book, each time digging a little deeper and building on what you've already discovered. At the end of each part, we reassess where we're at 30, 60 and 90 days into the challenge. You will also find some **Life Hacks** along the way that are designed to support your challenge. By working through this book and completing your own 90 days, you have an opportunity to bring your habits, dreams and desires up to date and into alignment with where your life is at today. All dollars within the book are displayed as Australian dollars. Please convert online to your local currency.

Together, we'll remember the people and events that shaped our lives and rediscover what it means to have, do and be enough.

Here's how it all began for me, my first entry in my journal.

Day One – The Quest

My journal – Day One: *Too much of a good thing is still … too much!'*

I find myself wishing I had a new notebook to start this journal in. I love opening a new, purpose-bought exercise book and putting pen to pristine paper for the first time. Never mind that I have a dozen or more partially filled notebooks, empty pages languishing: I still crave just one more.

Isn't it ironic? Alanis Morissette once asked. Well, yes.

It's Day One and already I want more.

To be honest, I thought food would be my first hurdle. Mine is the café generation: we meet and eat in cafés daily, sometimes more than once, scouring the menu for that perfect meal to satisfy the eternal question 'What do I *feel* like?' Usually what my friend ordered seems to be the answer. Even when we order the exact same meal, the waiter hands the larger portioned plate to my companion as though attempting some sort of karmic balancing. As though waiters have an inbuilt sense of who has already had more than their fair share. Body dysmorphia, it seems, is not the only wonky judgment that has taken up residence in my brain.

Let's see if I can bring you up to speed on my, um … Quest? Endeavour? Experiment? Journey? I think I like quest best. No, quest sounds like I'm searching for the Holy Grail, something eternally out of reach when what I'm really seeking is contentment.

I Am Enough! came to me as a mantra:

I have enough, I do enough, I am enough.

The idea is to explore these concepts and lean into what I already have, do and am. Is it possible to be content with who I am, what I do and what I have?

I love a challenge, so, for 90 days I have decided to contemplate what it means to have, do and be enough and journal my findings.

No cafés. For 90 days, I will eat only foods that I prepare or am offered. If someone says 'Lets meet at such and such a café', my response will be, 'Let's go for a walk instead', or 'How about I cook for you?'

For the next 90 days I will resist all non-essential shopping. I will wear the clothes I already have. Read the books I already own (or visit the library), suspend my on-line memberships (what!?!). Write on the blank pages in my partially used exercise books; create from my abundance of untouched art supplies. Get my hands dirty in my Garden of Neglect.

It's not about punishment, austerity or restriction. It's about utilising the incredible abundance I already have. I suspect I could journal every day for 90 days and still have blank pages in notebooks at the end of it! How will I find all my writing? That's where my lifetime supply of sticky-notes will come in handy.

For 90 days I will attempt to go home from work on time. This just might be an even bigger challenge than staying out of cafés. In my line of work going the extra mile and unpaid overtime are the unspoken expectations that come with the job. But is it true?

So, how has Day One gone so far?

I am writing this journal entry in a half-filled notebook and have eaten foods I have prepared myself = I have enough.

I mowed the front lawn (but not the back) and entered this journal in my Writers' Mastermind, an online writing community (but haven't worked on my novel) = I do enough.

My hope is that this 90-day challenge will reveal I not only have and do enough, but that, maybe, I am enough. I want to be free from the tyrannical belief that I should have more, do more and be more.