



You are enough, already...

Do you wish you were ‘more’? More - successful, thoughtful, attractive, just more...? This thinking can be all consuming and leave people feeling miserable and like they’re a failure. “*I’m not rich enough, slim enough, intelligent enough...*” That pesky voice of negative self-talk will almost never motivate positive action. Instead, it will leave you feeling helpless and hopeless, which is no fun for anyone. So, what is the key to turning things around?

Own your story and choose to be kind...to yourself

Brene Brown, in her book *The Gifts of Imperfection* says, “*Owning our story and loving ourselves through that process is the bravest thing that we will ever do.*” Our stories of who we think we are can get in the way at the most inconvenient times; when you’re well on your way to making your ‘dreams’ come true; working really hard, doing your best and then out of the blue, something happens. Conflicts arise, changes occur, stages of life happen and when coping is difficult, our stories can interpret these situations as ‘something is wrong’. Remember, your story is still unfolding and it’s not complete yet.

Keep learning and find your inner strengths

When you’re struggling it can be really helpful to get another perspective. This could be a trusted friend, partner, parent, pastor or professional. The key is to go to someone who will help you find your inner resources – the qualities and beliefs that have helped you overcome obstacles in the past. You’ll come away richer and with the knowledge that, “*You can do it*”. Managing emotions and unhelpful patterns of thinking are skills that can be learned and practiced. Grab opportunities to grow and take positive action. It’s okay to ask for help; you’ve been there for others and now it’s their turn to give you a hand. You’ll give them a chance to feel like they make a difference to you too.

Remember, you are enough...already

If you’re feeling overwhelmed, it’s okay. You are **enough as you are right now and it’s time to take action, to acknowledge what you need and ask for it**. You’re perfectly imperfect, like everyone else. Accepting where you are, identifying what you need (with help if necessary) and asking for it will turn things around. You’ll also be modelling resourceful living for your family, which is an invaluable gift.

- ✓ Negative self talk doesn’t motivate positive action.
- ✓ Lifetime learners know that challenges are opportunities to grow.
- ✓ Everyone is perfectly imperfect. Happiness depends on accepting it.

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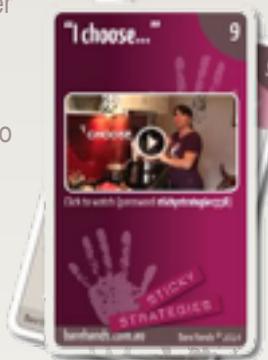
Brene Brown

Did you find this helpful? Want more strategies like this...

There are ways to feel more empowered so that you determine how life flows, rather than having life happen to you. Sometimes it is simply a word or two that can make all the difference.

Sticky Strategies

can help you find out how. Even more tips [here](#).



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Practical life strategies for women

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