

# ALREADY GOOD ENOUGH...

**Do you know what I realised this week? I realised that I am already good enough to do or have whatever I want. The good news for you is that this applies to every single person on the planet. I had an interesting experience this week that illustrated that the only thing that holds us back from what we want is the little voice in our heads. For some reason and regardless of what anyone else says to us or what is logically the truth, it is this voice that we believe. We tend to believe it whether what it says is good or bad, right or wrong.**



## **Is it bad or is it really good?**

On Wednesday night I did a talk for a dynamic group of women at a women's business network meeting. The day before I had my powerpoint presentation organised, I had my computer, we had the screen but we had no data projector. Just a minor detail! I made a few phone calls and some good friends of mine were kind enough to lend me theirs. I picked it up on the Tuesday night and so had the whole day on Wednesday to make sure that it worked. But guess what I didn't do?



I actually thought several times during the day that I should quickly make sure the projector worked, but naively said to myself 'It will be fine'. Ha!! I arrived early on Wednesday night to set everything up and to my displeasure (not necessarily surprise) the data projector didn't work. I tried again and again; turning it off and then on, starting the computer first, then starting the projector first, I rang my friend for help several times and just hoped it would work. It even got so desperate that I had to resort to looking at the manual!!! The manual told me that the red flashing light on the projector indicated that the lamp needed to be replaced.

There was no way I could find a lamp in time or use the projector and finally the realisation hit me that I would have to fly solo!! This was not good – or was it?

## **Already good enough**

My initial reaction to this was fear. I thought how will I do this talk without the powerpoint? I thought about how good the slides were and that it wouldn't work without them. My greatest fear was that I would panic, forget my lines and look silly. I went through this mental beating for a short time and then stopped myself...

I then started to think differently; I am already good enough! I know my stuff. I am passionate and I love getting up in front of a group of people and I love inspiring and empowering them... I will be great! I knew the powerpoint was a nice adjunct to my talk, but it most certainly didn't make the talk – I was the magic to make the talk brilliant.

I did the talk and it was one of the best I have done, even without the powerpoint. I got more positive testimonials than I have got in a long time.

### Removing the crutch

This situation highlighted to me how easy it is for all of us to rely on crutches in our life, because we don't truly believe that we are good enough on our own. We often rely on technology such as powerpoint to make our presentations good enough. We may rely on doctors and medication to get and keep us healthy. We may rely on personal trainers to keep us fit. We can rely on our partners to give us the strength and self esteem we need. There are so many other crutches that we use in our life. Can you relate? I am certainly not saying that these things aren't valuable in our lives, but what I am saying is, even without them **we are brilliant anyway**.

Wednesday night proved to me that I don't need to rely totally on many of the crutches I am using in my life. It gave me the strength to decide that **now is the time** to get rid of the crutches and believe deep down in my heart that I am already good enough. We all are – you are too!

Whatever you are currently relying on to provide you with the happiness or success you are after, can I suggest that you try life without relying on it, and prove to yourself that you too are good enough just as you are.

### We can all do the simple steps



When we break down any big dream, goal or desire into its most simplest steps we can often see that it really isn't that big of a deal. I often use the example of the incredible people who achieve the momentous task and run a marathon. But when we break this seeming enormous task down into its smallest parts we see that it is really just one step at a time. We can all do that! So is this achievement that impressive? The only difference between those that run marathons and those that don't is that they made a decision to finish what they started. The rest was just **one step at a time**.

We need to fight that voice in our head when it starts telling us that we can't do it without the crutch. We need to replace the negative words with empowering words affirming every day, over and over, that we are **already good enough**.