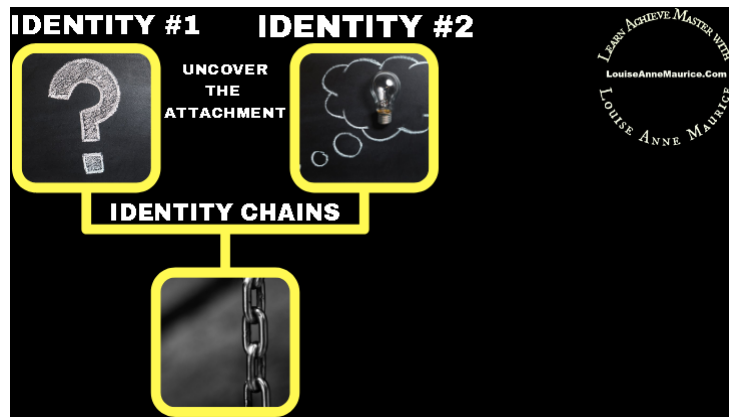


Empowered You Part 8

In the Empowered You Part 7 video you were given coaching questions and an activity to unravel the thought chains created by comparison. Didn't see that video? Simply go to <http://www.youtube.com/c/LouiseAnneMaurice> to watch the videos you have missed in the "**EMPOWERED YOU**" series.

In Part 8, we look at the IDENTITY created from the thoughts; specifically shame thoughts. Louise offers some strategies for moving beyond the identity of "not good enough" that keeps so many people stuck. If "not good enough" was not one of the identities you chose from the original framework ([CLICK HERE TO WATCH THAT VIDEO](#)), you can still use the questions and apply it as needed.

STEP #1 - UNRAVEL THE CHAIN IDENTITY OF NOT GOOD ENOUGH



COACHING QUESTIONS TO UNRAVEL:

- 1) How were you disciplined as a child? Were you given constructive structure to guide you or were you given destructive chaos that punished you? Example: Constructive Structure from a compassionate adult who thoughtfully chose to be kind and empathetic with you or Destructive Chaos from a stressed-out adult who was punishing on auto-pilot using anger and hostility.
- 2) If you were disciplined with destructive chaos, what message did you repeatedly hear? What did you interpret from that event? Did it shape the person you are today?
- 3) When you take action today, is it more comfortable when you are given constructive structure to guide you or destructive chaos that punishes you? What is the end result?

As you continue down this path with yourself or your client, you begin to understand that the identity that feels normal because this identity is locked into their cells' memory.

COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them describe the journey they took the last time they tried to achieve a goal using 5 points of focus; #1 - the start #2 - the first milestone #3 - the first set-back #4 the beginning again #5 the quitting or the goal achievement.

How did their identity of "not good enough" help or hurt them?

Now create a new journey with the identity of "good enough".

STEP #2 - BE A PART OF THE SERIES



Over the next 12 videos in the Empowered You Series, we will unravel the chains and guide you to develop a new framework that empowers you!

Subscribe to the [Louise Anne Maurice YouTube Channel](#) so you don't miss any activity in the Empowered You Series.