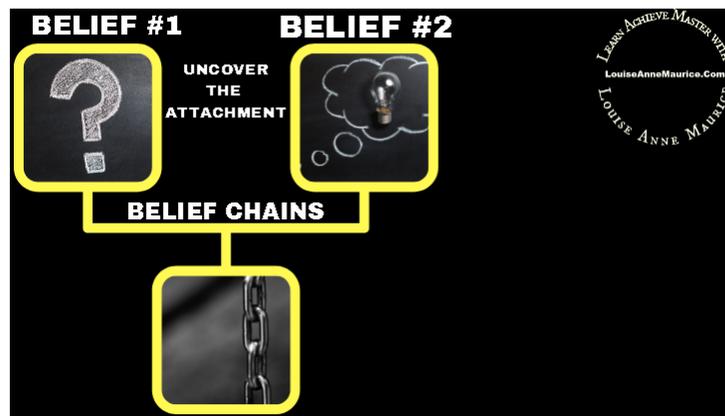


Empowered You Part 10

In the Empowered You Part 9 video you were given coaching questions and an activity to unravel the "worthless" identity. 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 10, we look at the core belief created from the "NOT GOOD ENOUGH" IDENTITY. Louise offers some strategies for moving beyond the core belief of not good enough that keeps so many people stuck. If "not good enough" was not one of the core beliefs you identified 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 NOT GOOD ENOUGH BELIEF CHAIN



COACHING QUESTIONS TO UNRAVEL:

- 1) Would you describe yourself as cynical; as someone who is realistic about the bad that exists in world? Or would you describe yourself as a purist; as someone who is altruistic and only sees the good in the world?
- 2) If you are a cynic, what words do you use to describe the "bad" that exists? If you are a purist, what words do you use to describe the "good" that exists in the world?
- 3) When you were a child, were the bad words used to describe you?

As you continue down this path with yourself or your client, you begin to understand that core beliefs are locked into their cells' memory.

COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them describe their reactions when someone says they haven't done something "good enough".

Play a game of desensitization. Act out the trigger reactions and have them identify where in their body they feel the reaction and have them rate the intensity of the feeling on a scale of 1-10

Now act out the opposite by complimenting them or accepting them. Now have them describe the feeling. Does this feel normal?

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.