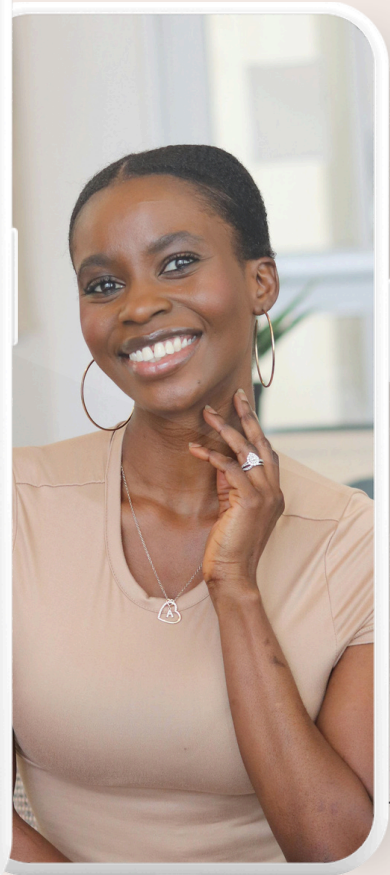




# I AM ENOUGH <sup>2.0</sup>

FROM SELF-WORTH TO SELF-LEADERSHIP

A Guided Workbook for Becoming, Healing,  
and Leading Your Life.





# Welcome!

Welcome to I Am Enough 2.0, Girlfriend. I'm truly glad you are here. This workbook is not just something you read. It's something you experience. It's an invitation to reflect deeply, to be honest with yourself, and to step into real transformation.

You have been a part of I Am Enough 2.0. You heard, you learned, you began the journey. Now, it's time for you to reflect on all you've heard, be honest with yourself and take concrete and intentional steps that will lead to your transformation.

As you move through each section of this workbook, I want you to slow down, don't rush the process, and write truthfully. Sit with your thoughts and be honest, even when it's uncomfortable, because that's where growth begins.

I want you to know that self-worth starts with awareness. Awareness requires truth. And truth, when embraced, leads to liberation. And from that place of freedom, you rise into self-leadership.

Girlfriend, when you truly know who you are, you begin to lead your life differently. You lead: intentionally, confidently, unapologetically.

You are enough, Babe. You have always been enough!  
Now... let's begin.

'Denike.



# SECTION 1 - *SELF-WORTH*

Understanding Who You Are At Your Core

WHAT IS SELF WORTH? (Identity)

Who Am I Really? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reflection Questions

- When have I felt “not enough”? \_\_\_\_\_

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- What experiences shaped that belief? \_\_\_\_\_

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- Whose voice do I still hear in my mind? \_\_\_\_\_

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- What limiting beliefs do I need to unlearn? \_\_\_\_\_

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- When did I first start questioning my worth? \_\_\_\_\_

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- What do I believe about myself when I am alone? \_\_\_\_\_

Exercise: Truth vs Lies (What are the things that you used to believe about yourself that you now know are lies?).

S/N	What I used to Believe	What is Actually True
1	I am not enough	I am inherently enough
2	I must prove myself	I am already valuable

3		
4		
5		
6		
7		
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9		
10		

To Do:

Identify five beliefs you need to release, and write five truths you choose to replace them with:

E.g.

1. **Belief to Release:** My value depends on how others treat me.

**Truth I choose to replace that with:** My value is constant, even when others fail to recognize it.

2. **Belief to Release:** I am responsible for fixing everyone and everything.

**Truth I choose to replace that with:** I am responsible for my life, not for carrying what is not mine.

Now, write Yours:

1. Belief to release:

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Truth I choose to replace that with:

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2. Belief to release:

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Truth I choose to replace that with:

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3. Belief to release:

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Truth I choose to replace that with:

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4. Belief to release:

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Truth I choose to replace that with:

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5. Belief to release:

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Truth I choose to replace that with:

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**Teaching Summary: Self-worth is who you are at your core. It is not earned, lost, or given, it is your foundation.**

# SECTION 2: REDEFINING I AM ENOUGH

Where Am I Operating From?

ENOUGHNESS IS YOUR STARTING POINT (Awareness)

What Does Being Enough Mean To Me Now? \_\_\_\_\_

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Reflection Questions

- What experiences made me believe I had to “earn” love or acceptance? \_\_\_\_\_



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- In what areas of my life do I still feel I need to prove myself? \_\_\_\_\_

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- What do I believe I must achieve before I can feel valuable? \_\_\_\_\_

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- Where in my life am I seeking validation instead of standing in truth? \_\_\_\_\_

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- What patterns show up when I feel “not enough”? (withdrawal, over-giving, silence, control, etc.) \_\_\_\_\_

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- What am I currently tolerating because I doubt my worth?

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- What patterns keep repeating in my relationships or choices? \_\_\_\_\_
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### Exercise: My Current Reality vs My Ideal Reality

S/N	My Current Reality	My Ideal Reality
1	Emotionally, I currently feel overwhelmed and disconnected from my inner-self.	Emotionally, I am more grounded and aware of myself. I can name what I feel without being overwhelmed by it. I no longer feel constantly unsettled or unsure of myself.
2	In relationships, I tend to give too much of myself to others and not set boundaries.	In relationships, I tend to show up with clarity, healthy boundaries and self-respect. I no longer over-give. I communicate my needs without guilt.
3	In my personal growth, I avoid...	
4	In my identity, I believe...	
5	In a roomful of people, I tend to...	
6	In decision-making, I always...	
7	When I look at myself in the mirror, I see...	

8	In expressing myself at a gathering, I tend to...	
9	What I often struggle to admit about myself is...	
10	What I am noticing about myself is..	

To Do: Identify areas in your life where you feel stuck. What should you do to become unstuck?

E.g.

1. Area: My Relationships

Must Do: I need to stop minimizing or avoiding truths

2. Area: My Habits

Must Do: I need to stop lying to myself

Now, write Yours

1. Area: \_\_\_\_\_

Must do: \_\_\_\_\_

2. Area: \_\_\_\_\_

Must Do: \_\_\_\_\_

3. Area: \_\_\_\_\_

Must Do: \_\_\_\_\_



4. Area: \_\_\_\_\_

Must do: \_\_\_\_\_

5. Area: \_\_\_\_\_

Must Do: \_\_\_\_\_

**Teaching Summary: Awareness is the bridge between worth and leadership. You cannot lead what you do not understand.**

**This is not about being perfect. It is about becoming aware, grounded, and intentional in how you live.**

# SECTION 3: SELF-RESPONSIBILITY

## Owning My Part

### WHEN YOU DON'T KNOW YOU'RE ENOUGH (Ownership)

If I truly believed I am Enough, what would stop Tolerating, and what would I start doing? \_\_\_\_\_

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### Reflection Questions

- Where have I been blaming others for my situation?

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- What choices have I avoided making?

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- What am I tolerating that I should not be? \_\_\_\_\_

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- Where have I been giving too much of myself?

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- Which people have I allowed into my space who are undeserving? \_\_\_\_\_

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- Where have I been waiting for someone else to change before I do? \_\_\_\_\_

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- What am I afraid will happen if I take full responsibility for my life? \_\_\_\_\_

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## Exercise: Ownership Statement

S/N	Area of Responsibility	Responsibility to Take
1	I am taking full responsibility for my personal growth, starting today.	I will ensure I am knowledgeable about things that matter to me and pay the price to acquire knowledge.
2	I am taking responsibility for the decisions I have been avoiding to make starting today.	I refuse to be indecisive. I choose to carefully deliberate on matters and chose the most strategic option.
3		
4		
5		
6		
7		
8		
9		
10		



To Do: List 5 behaviours that no longer serve you and identify triggers behind them.

E.g.

### **Overthinking**

1. Behaviour: Constantly second-guessing myself and my decisions

Trigger: Fear of making the wrong choice, lack of self-trust

### **Emotional Reactivity**

2. Behaviour: Responding impulsively from anger, hurt, or frustration

Trigger: Feeling disrespected, unheard, or invalidated.

Now Write Yours

1. Behaviour:


Trigger:

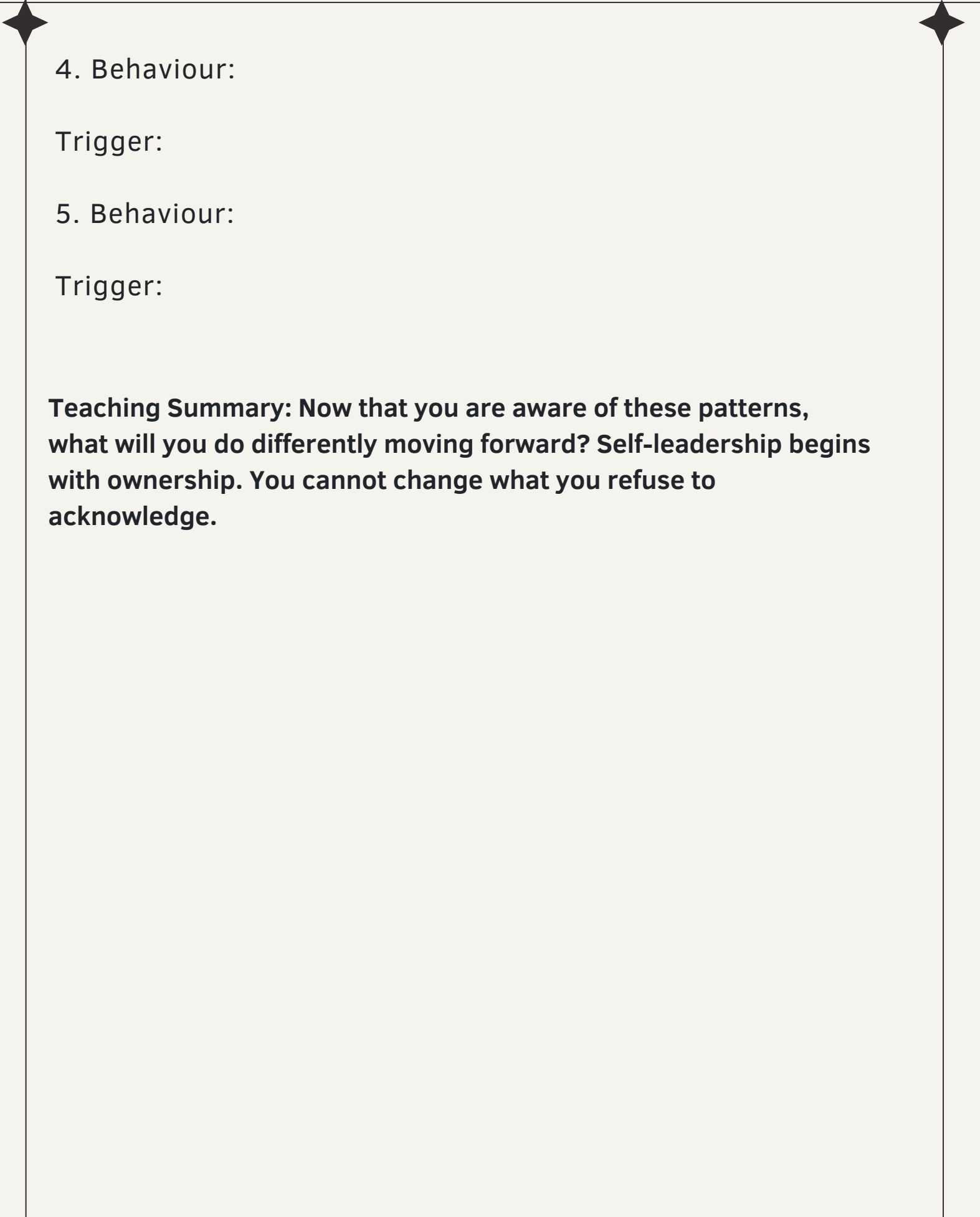
2. Behaviour:

Trigger:

3. Behaviour:

Trigger:





4. Behaviour:

Trigger:

5. Behaviour:

Trigger:

**Teaching Summary: Now that you are aware of these patterns, what will you do differently moving forward? Self-leadership begins with ownership. You cannot change what you refuse to acknowledge.**

# SECTION 4: SELF- EXPRESSION

## Value in Action

### HOW I SHOW UP NOW (Self-Responsibility)

I understand that being enough is not an excuse for mediocrity.  
Explain: \_\_\_\_\_

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### Reflection Questions

- How do I want to show up in my relationships?

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- What kind of woman am I becoming?

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- What boundaries do I need to set?

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- What habits support the life I want?

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- Where have I avoided responsibilities? \_\_\_\_\_

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- What am I tolerating that I need to change? \_\_\_\_\_

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- Why have I chosen to stay within my comfort zone? \_\_\_\_\_

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## Exercise: My New Identity

Complete the sentence:

1. A woman who knows she is enough: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*E.g.*

A woman who knows she is enough will no longer seek validation from others to feel complete.



A woman who knows she is enough will set and maintain boundaries that protect her peace and self-respect.

Now Write Yours

2. A woman who knows she is enough: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. A woman who knows she is enough: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. A woman who knows she is enough: \_\_\_\_\_





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5. A woman who knows she is enough: \_\_\_\_\_

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6. A woman who knows she is enough: \_\_\_\_\_

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7. A woman who knows she is enough \_\_\_\_\_

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8. A woman who knows she is enough \_\_\_\_\_

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9. A woman who knows she is enough \_\_\_\_\_

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10. A woman who knows she is enough: \_\_\_\_\_

\_\_\_\_\_

To Do: List 5 areas you are choosing to no longer be passive, and what you will do to become active.

E.g.

Emotional Contribution: I will be emotionally present at conversations.

Financial Contribution: I will contribute financially as needed.

Now Write Yours

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Teaching Summary: Worth becomes visible through action. Value is how you express your identity. These statements should feel like who I am becoming now, not perfection, but intention and direction.**

**This is the woman I am choosing to become.**

# SECTION 5: SELF-LEADERSHIP

## Integration

### LEADING MY LIFE (Becoming)

Now that you know you are enough, how will you show up going forward? \_\_\_\_\_

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### Reflection Questions

- What does leadership look like in my daily life? \_\_\_\_\_

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- What decisions reflect my worth? \_\_\_\_\_

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- What must I stop doing immediately? \_\_\_\_\_



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- What must I start doing consistently? \_\_\_\_\_

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- What are my strengths? \_\_\_\_\_

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- What are my weaknesses? \_\_\_\_\_

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- What opportunities exists around me? \_\_\_\_\_


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- What are threats to me? \_\_\_\_\_

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- How much of myself do I know now? \_\_\_\_\_

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- What are my strengths? \_\_\_\_\_

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- What are my weaknesses? \_\_\_\_\_

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- What opportunities exists around me? \_\_\_\_\_

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- How much of myself do I know now? \_\_\_\_\_

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- Where else do I need to grow? \_\_\_\_\_

- How do I demonstrate my commitment to showing up?

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### Exercise: My Leadership Commitment

From today, I choose to lead myself by:

1. Not outsourcing my identity. I take responsibility for myself

2. Taking ownership for my growth.

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

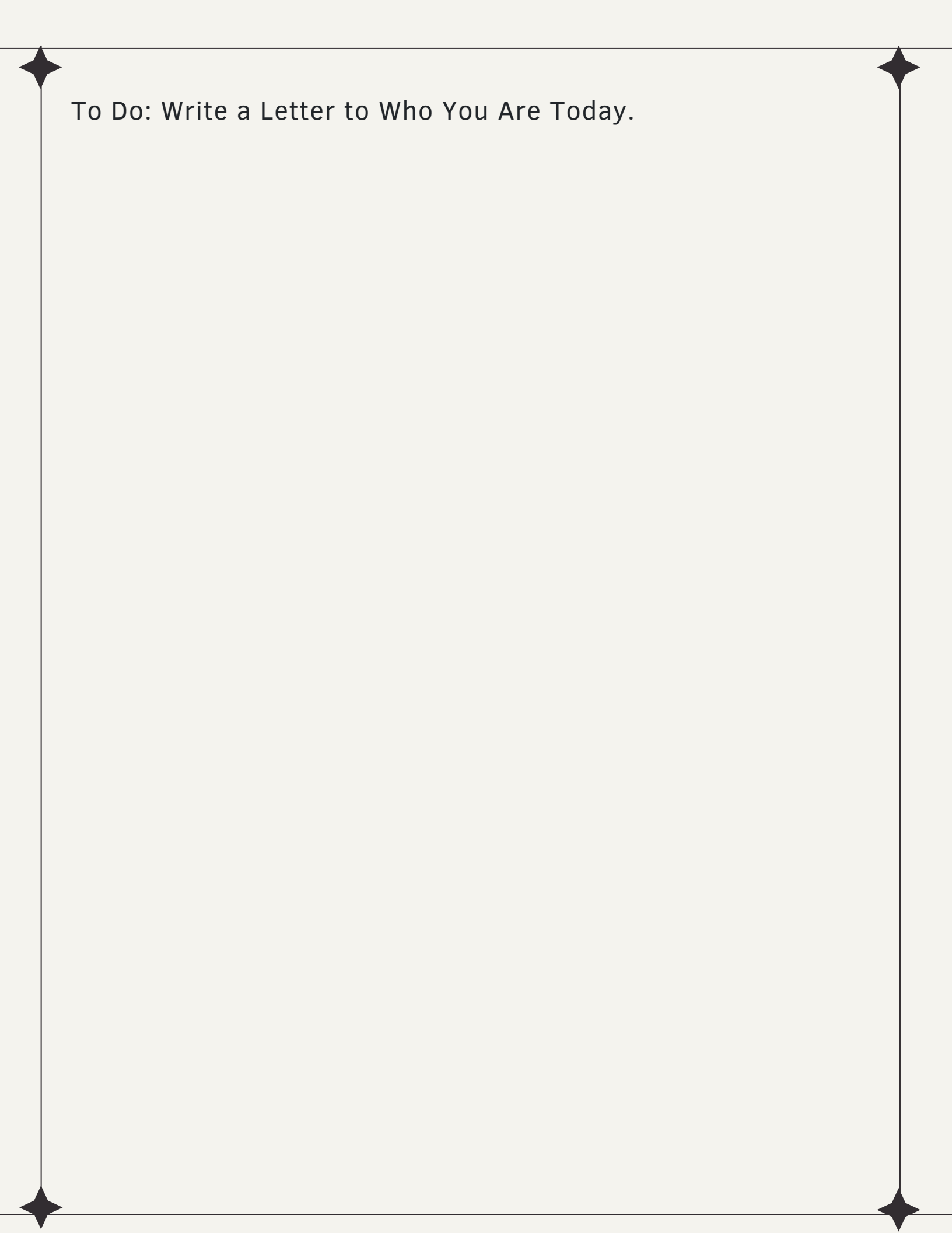
6. \_\_\_\_\_

7. \_\_\_\_\_

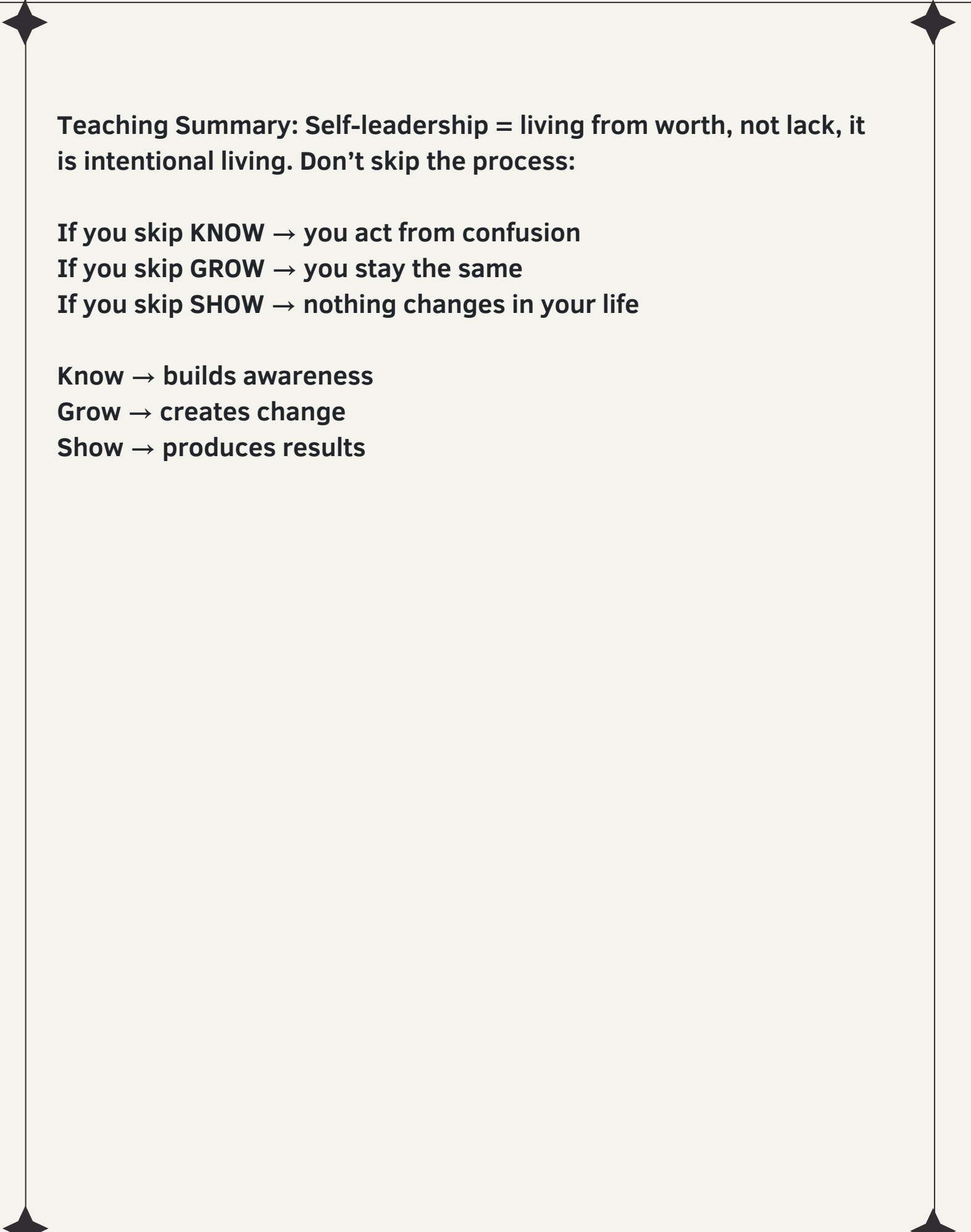
8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_



To Do: Write a Letter to Who You Are Today.



**Teaching Summary: Self-leadership = living from worth, not lack, it is intentional living. Don't skip the process:**

**If you skip KNOW → you act from confusion**

**If you skip GROW → you stay the same**

**If you skip SHOW → nothing changes in your life**

**Know → builds awareness**

**Grow → creates change**

**Show → produces results**

# SECTION 6: Healing and Rebuilding

You Are Much More

AFFECTED BUT NOT FINISHED. (Bouncing Back from Pain)

Yes, you might have gone through some stuff in life, what will you do differently starting tomorrow? \_\_\_\_\_

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Reflection Questions

- Where will I stop shrinking in my life? \_\_\_\_\_

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- Where am I under-showing up? \_\_\_\_\_

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- What patterns keep repeating? \_\_\_\_\_

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- How do I stop these patterns? \_\_\_\_\_

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- Where are the areas I would establish boundaries in my life? \_\_\_\_\_

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- How will I go about seeking support if I need help?

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- What is my biggest takeaway from this conference?

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### Exercise

#### Identity Statement:

1. Because I am enough, I now choose to: \_\_\_\_\_





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2. One way I will show up differently after today

is: \_\_\_\_\_



3. One thing I am releasing right now

is: \_\_\_\_\_

4. I will begin to live my life with: \_\_\_\_\_

5. I will begin to make decisions from: \_\_\_\_\_

6. From today, I will begin to treat myself with: \_\_\_\_\_





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7. I choose growth

over: \_\_\_\_\_

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8. From now on, I will begin to show up for: \_\_\_\_\_

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9. My emotional well-being is: \_\_\_\_\_



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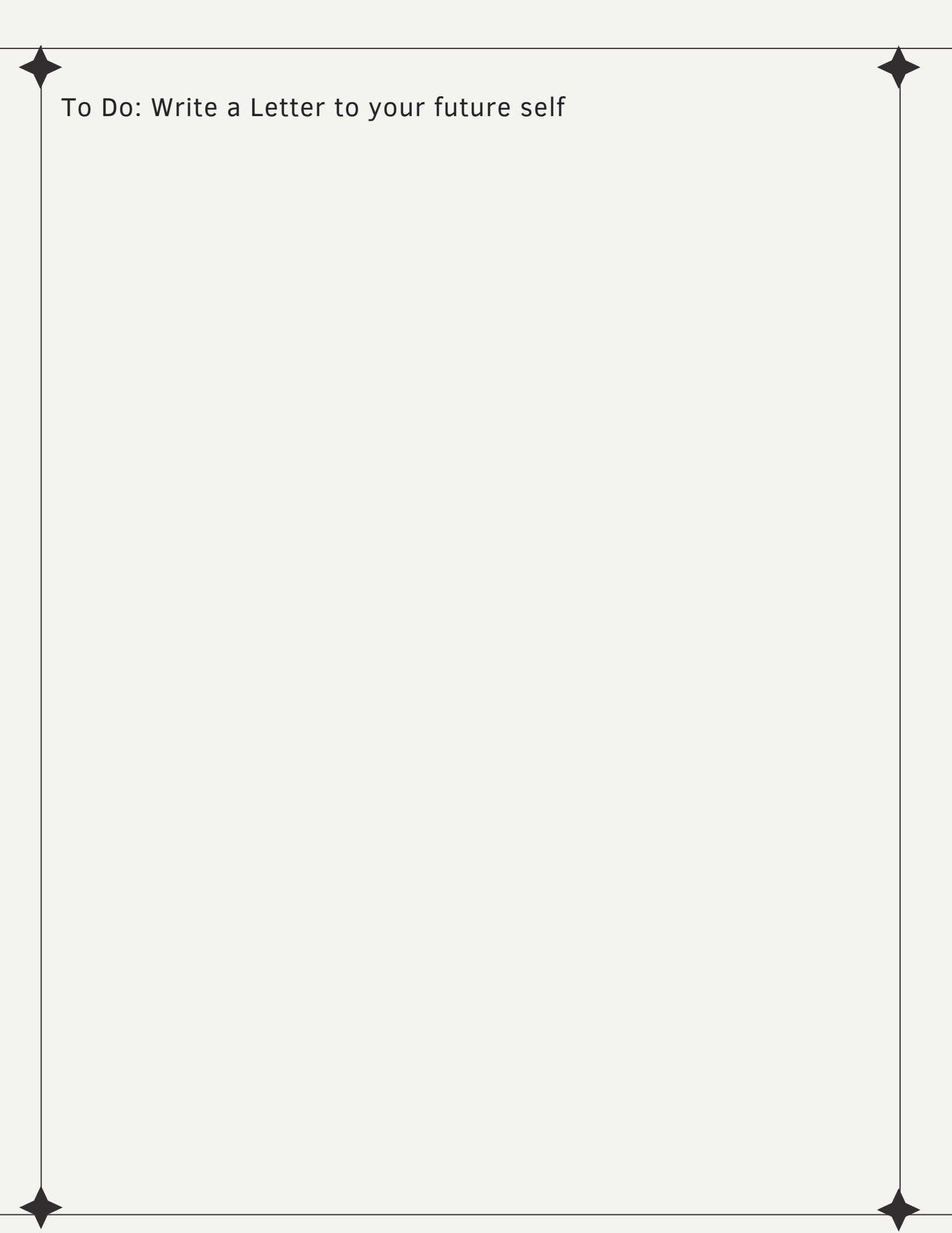
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10. I choose to take total control of: \_\_\_\_\_

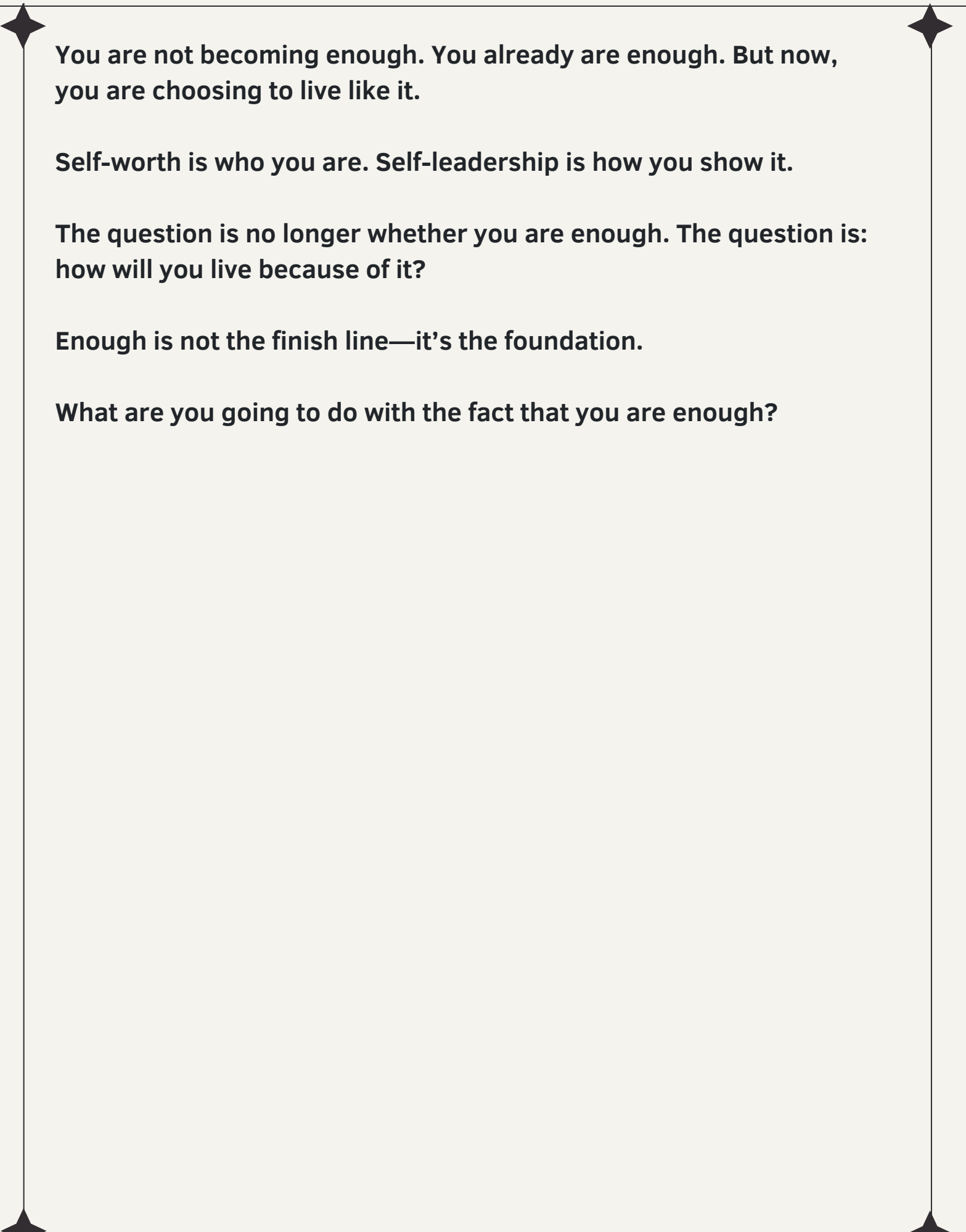
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To Do: Write a Letter to your future self



**You are not becoming enough. You already are enough. But now, you are choosing to live like it.**

**Self-worth is who you are. Self-leadership is how you show it.**

**The question is no longer whether you are enough. The question is: how will you live because of it?**

**Enough is not the finish line—it's the foundation.**

**What are you going to do with the fact that you are enough?**

# Thank you!

As we come to the end of this session, I want you to pause for a moment and reflect on neither what sounded good nor what felt inspiring in the moment, but on what truly shifted inside of you.

This event was not just about information, girlfriend, it was about activation. You've explored your self-worth. You've faced some truths. And now, you stand at the doorway of self-leadership.

The question is not "Am I enough?" anymore. The question now is: "How will I lead from the knowing that I am enough?" Because self-leadership is not perfection. It is consistency. It is choosing yourself: again and again. It is showing up for your life with clarity, courage, and responsibility.

So as you leave here, don't leave this version of yourself behind. Carry her with you. Nurture her. Listen to her. Lead with her. You are not becoming enough, Babe. You Are Enough! You are Leading from Enough.

Thank you.

'Denike.



## **Contact Details**

I would love to hear from you. Feel free to reach out to me via any of the avenues below:

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