



The Gift of “I Am Enough” Through the Practice of Tapping

Journal prompts for the Gift of “I am enough”:

Believing in yourself can significantly enhance your holiday experience by fostering a sense of joy and confidence in your interactions and celebrations. When you trust your abilities and decisions, you open yourself up to fully enjoy the festivities, connect more deeply with loved ones, and create lasting memories without the weight of self-doubt holding you back.

Here are some insightful journal prompts for you to deepen your self-awareness and your understanding of where this self-doubt comes from.

1. How true was it to say the phrase “I am not enough”?
2. How tense or stressed did you feel when you think about being enough?

How intense did you feel on a scale of 1-10? (1= feeling nothing or 10=super stressed)

3. How did it feel to acknowledge the belief “I am not enough”. Were there any surprising emotions, memories, or physical sensations that surfaced?

4. Who or what contributed to this belief in your life? List any key influences—whether people, experiences, or societal pressures—that made you feel you weren’t enough. What would you say to those influences now?

5. What situations or goals often trigger feelings of “not being enough”?

Describe how these patterns affect your daily actions or decisions. How

can you start to release them, step by step?

6. Think of three specific qualities or actions that truly define your worth, separate from external validation. Write about how embracing these qualities could reshape how you see yourself in challenging times.

7. Imagine you could fully embody the belief, “I am enough”. How would this mindset change your interactions, goals, or self-talk? What are three small actions, besides tapping, you can take to reinforce this belief daily?

8. When you completed the tapping exercise, what new intensity rating number did you get when you were asked “Do you feel enough”? If the number went down, that’s good. If it did not, repeat the exercise until you feel the intensity diminishing.

