



# Change Academy Lab Notes

**TOPIC:** Being good enough

**EPISODE** #28

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** In what ways and what areas do you recognize the "I'm not good enough" in your own life? How has your life been affected by believing this? What results have you achieved or missed out on?

Think about past events where you learned to believe that you were 'not good enough' and consider how you could re-interpret these events now? How might this change or modify your expectations for the future?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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