## I’m Enough 300-Second Challenge

Stand in front of the mirror for 5-minutes. Take note of your reflection. See the empowered leader standing before you. Listen to the kind, loving, empowering voice that speaks of your greatness. At the end of these 300 powerful seconds, capture the words of value that come up for you.

## Post I’m Enough 300-Second Challenge Instructions

**Step 1**: After conducting the I’m Enough Challenge, write 3 “**I’m Enough**” statements that will quiet the “*not-so-nice*” inner voice that shows up.

**Step 2**: Send your “**I’m Enough**” Leadership statements to [rise@nicoleperrotta.com](mailto:rise@nicoleperrotta.com) by Aug 1st, 2021.

**Step 3**: Send a picture of yourself that you love (*one that resonates “****I’m Enough****”)* to [rise@nicoleperrotta.com](mailto:rise@nicoleperrotta.com) or text to (703) 216-5746 (*please include your name in the text*) by Aug 1st, 2021.