

"I'M ENOUGH" by The Mrs.

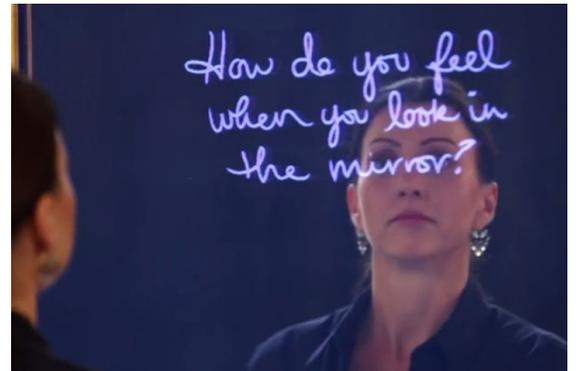
Sometimes I dream that there are two of me.
One is real and one a fantasy.
She's a perfect ballerina dancing on a cloud.
I still have to struggle stumbling on the ground.
But I shout it loud...

Now I'm awake
Into work by nine.
Talking to the boss, about to speak my mind.
I won't wait forever, and I won't be last.
Now I'm breaking through the ceiling made of glass.
No need to ask.

The time I've wasted
On comparing Who I am to who I should be.
Kill that noise!
It's time to let it go!
Let it goooooo!

End of the day Look her in the eye.
Take off the mask and say goodbye.
No more holding on to someone I don't need.
Only one thing in this life is guaranteed.
Guaranteed! I'm enough,

I'm enough, I'm enough, I'm enough.
Screw the magazines and the skinny jeans.
I'm enough, I'm enough, I'm enough, I'm enough.
No more telling me who I need to be.
I'm enough, I'm enough, I'm enough, I'm enough.
Don't tear apart this work of art.
I'm enough, I'm enough, I'm enough.
I'll **RISE** above. I know I'm enough.



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 by Aug 1st, 2021.

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