

Discussion Questions for “You Are More Than Enough”

One of the subjects Judi Moreo talks about in her book, “You Are More Than Enough” is self-criticism.

Is self-criticism a common problem?

Why is self-criticism so damaging?

Is self-criticism ever appropriate?

“You Are More Than Enough” speaks to people who might suffer from feelings of inferiority.

Where do you believe these feelings come from?

Can you use your imagination to change how you feel about yourself? If so, how will that help you make positive changes in your life?

What are the dangers of “should of” and “if only” thinking?

In her book, Judi Moreo talks about how fear holds us back.

Why does the fear of failure inhibit getting what we want?

Is it a common problem that people fear what other people think? Why do you believe this?

Do a lot of people miss out on great things in their lives because of fear?

Are fear of failure and fear of rejection intertwined and how so?

What advice would you give to people who let fear hold them back?

In *You Are More Than Enough*, Judi says “stop demanding perfection from yourself.”

What’s the down side of being a perfectionist?

Why do people become perfectionists?

Is perfectionism a control issue? Why do you think that?

Does giving up perfectionism mean you’re giving up the pursuit of excellence?

Judi Moreo talks about “the importance of picking our friends and associates carefully.”

Why is it important to associate with positive people?

Are there benefits to having mentors in your life and if so, what are they?

What is the difference between a mentor and a role model?

Have role models benefited you personally?

Why would it benefit a person to have a career or life coach?

Judi Moreo says we should “quit making potholes into canyons.”

What do you think she meant by that?

Why do people get caught in the worry trap?

How much of what people worry about is outside their control?

How do you break free from the deeply ingrained habit of worry?

Judi Moreo states in “You Are More Than Enough”, that she is a big believer in goal setting

Why do you think so many people don’t set goals?

When setting goals for our life, what things should we keep in mind?

In goal setting, is it ok to be selfish?

Judi Moreo has formatted “You Are More Than Enough” in a very unique way.

Why do you think she has included exercises, skill practices, and affirmations at the end of each chapter?

How do the exercises and affirmations in this book help bring its rich lessons home?

Who else would benefit from reading this book?