



FACING AND OVERCOMING INADEQUACY

W O R K B O O K

This workbook is a companion to the UNPERFECTED Podcast Episode 1, Facing and Overcoming Inadequacy. It will guide you through self-reflection, exercises, and activities related to overcoming feelings of inadequacy and self-doubt.

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"and thats ok"

For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope. Jeremiah 29:11

You are really, truly, deeply loved by God.



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ABOUT THIS WORKBOOK

Welcome to the Facing and Overcoming Inadequacy Workbook, inspired by the Unperfected podcast hosted by Darese Winston. In this workbook we will explore feelings of inadequacy, self-doubt, and the journey towards personal growth. This workbook will guide you through self-reflection, exercises, and activities related to overcoming inadequacy. Are you ready to take action and unleash your potential? If so, let's embark on this journey together towards personal growth and progress. Let's get started!

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Facing and Overcoming Inadequacy

Remember, progress, not perfection, is the key
to self-acceptance and growth.

SELF REFLECTION



Take time to sit with yourself and reflect on the information within this workbook. Then apply it to your life with the intention and expectation of getting the desired results.



- [Listen to the UNPERFECTED Podcast Episode 1](#)

IDENTIFY HOW INADEQUACY SHOWS UP IN YOUR EXPERIENCE

Define inadequacy in your own words. What does it mean to you?

Reflect on a recent situation where you felt inadequate and write a brief description.

Write about a skill or capability you've doubted in the past. How has/did this doubt affect your progress?



Reflect on a time when you felt that you weren't good enough or you felt inadequate. List the feelings and thoughts you experienced.

List negative thoughts or self talk that hold you back. Replace each negative thought with an encouraging thought.

Select an encouraging affirmation/thought to repeat to your self daily for 5 days.

THOUGHT EXAMPLES FROM A HEYLO TEAM PARTICIPANT:

NEGATIVE: I WILL NOT GET THROUGH THIS I AM NOT BUILT FOR THE STORMS

ENCOURAGING: I WILL GET THROUGH THE STORMS BECAUSE I AM BUILT TO GET THROUGH.

PERSONAL GOALS



Think of one goal that you have a desire to accomplish. Define your "why" then proceed to take action in the direction toward your goal. "One Small Step at a time."





IDENTIFY PERSONAL GOALS

Define a personal goal/dream you want to achieve despite any feelings of inadequacy.

Define your own "why." What motivates you to pursue your goal and dream?

Identify one specific action step you can take today that moves you closer to your goal (continue to do this step frequently).

CALL TO ACTION



Here's your chance to take and commit to action steps that will enable you to get unstuck.



Share a recent example from your life where you took a small step despite feeling inadequate.

List three actionable steps you can take to address self-doubt and feelings of inadequacy.



TO DO LIST

Please check the box next to each completed task.

- LISTEN TO THE UNPERFECTED PODCAST EPISODE 1**
- DEFINE INADEQUACY**
- LIST NEGATIVE THOUGHTS**
- LIST ENCOURAGING THOUGHTS**
- SELECT AN ENCOURAGING AFFIRMATION**
- DEFINE A PERSONAL GOAL**
- DEFINE YOUR WHY**
- COMPLETE THIS WORKBOOK**



CONGRATULATIONS

You have completed the Facing Inadequacies workbook. Remember that the journey toward personal growth is ongoing, and feelings of inadequacy are a part of the human experience. You have the power to overcome them with persistence and self-compassion. Continue to listen to the Unperfected podcast for inspiration and guidance on your path to self-improvement and use the tools and insights you've gained to progress on your unique journey towards self-acceptance and personal growth.

Be sure to document your achievements, no matter how small, acknowledge your growth and share your progress with someone.

You have the potential to achieve greatness, and your uniqueness is your strength. Keep moving forward!

**SIGN IF YOU ARE COMMITTED FACING AND
OVERCOMING INADEQUACY.**

YOUR SIGNATURE



NOTES

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