

Inadequate

If you are feeling inadequate, that means that you are falling into the ego's trap of not being good enough. Which can really impact any and every area of your life. You can feel that you're being an inadequate parent. You can feel that you're being an inadequate partner, inadequate towards your career, in your relationships, you name it. What this is really about is that your ego is trying to take you off your true path, to define yourself by external standards. Meaning you are turning outside of you to find your value. You will never find your true value that way. It will never be enough. I've worked with top executives, doing so well in their career. Because they have a belief about themselves, they seldom feel that what they have earned and what they've accomplished is enough. They're judging that based on external standards. There's always somebody who has more. Your empowered self is trying to alarm you that your sense of inadequacy can never be filled by the external. It's up to you to value you for exactly who you are. That you measure yourself based on your internal standards. Are you living a life that's in integrity with who you truly are? Are you living a life where you feel proud of how you express yourself? Do you challenge yourself? Do you feel fulfilled in what you do? Do you bring joy in how you live? Allow those components to be your standards to live your life by. Then inadequacy from the ego no longer is a measurement, because you are being realigned with what truly matters to you. That is how you authentically create joy and fulfillment in your life. That is exactly what is being asked of you right now, to get clear as to what truly brings you joy and fulfillment and act from there. Not from ego based fears of inadequacy.