



## ENOUGH

**ENOUGH** refers to adequately, *satisfactorily*, sufficiently, **suitably**. It means “in the amount needed” and “to a degree that is not very high or very low,” “to a reasonable extent.”

*Language is curious, isn't it?*

We live with words, and often define ourselves and our experiences by them.

One of the reasons I use visual images to help clients *deepen and improve their relationship with money* is that **the visual world is preverbal**, and therefore **ALLOWS** us to access our inner landscape before we define it with the limitations of language.

It's easy to think in terms of enough and not enough... yet there is so much limit in that word. Enough merely means sufficient. *Kind of a low bar to hit.*

## PLENTY

But PLENTY? Plenty means ample, full, abundant.

Plenty comes from the Latin word *plenitas* **meaning fullness**. I like that. Striving for fullness. **Fullness of experience**, of my bank accounts, of opportunities and resources.

### SUPPLIES

- {Wild} Money Journal
- Quiet Time
- Drawing Tools (as simple as a pencil)
- Coloring Tools (like crayons, or markers)
- Safe Space

- 1** **IMAGINE** for a moment that you live on an island, the Island of Enough. Your basic needs are covered. Try to let go of the politically correct, uber-eco-save-the-world part of you just for the next ten minutes. *What does having enough look like?* Focus on having enough for your most basic needs — food, shelter, love, security, work. You have **enough** to make ends meet. You have **enough** as defined by your **family, society** or **your own internal voices**.
- 2** **WRITE** about your island and **CREATE a picture of it**. What does it feel like here? What feelings or voices come up? Sit with your image and feelings before moving on.
- 3** Now, **IMAGINE** you have been transported to a neighboring land, only here you are in the Land of Plenty. Your needs are met **and** you are able to live your dreams, to be in the world exactly the way you want to be. **You have a sustainable, healthy relationship with the abundance that surrounds you**. **WRITE** about your Land of Plenty. *What's different? How does it feel here? Notice what has changed both internally and externally.*
- 4** **CREATE** an image of your Land of Plenty. *What makes it ample, plentiful?* Take note of what is not present in this land (Stress? Certain people or types of environments?) Keep this image visible for the next several weeks and check in with yourself about bringing the language of plenty into your life **while releasing the limitations of “enoughness.”**

Did this exercise break anything open for you? I would love to hear about it: [luna@lunajaffe.com](mailto:luna@lunajaffe.com)

The full guided journey happens in my book *Wild Money: A Creative Journey to Financial Wisdom*. If you liked this exercise, you will love *Wild Money*. [lunajaffe.com/wild-money](http://lunajaffe.com/wild-money)