

Day 067 Tree of Enoughness

Bonnie Gillespie: Hi, I'm Bonnie Gillespie, here with you today to talk about your tree of enoughness. You've been at this long enough now to know that the enoughness structure is more than just enoughness. "On Off, yes, no. How was my enoughness? Good bad." I want to talk to you about the different parts of your enoughness tree. Because this will give you the tools going forward to always identify anything that's stressing you out. Anything that's bringing drama into your life, anything that's having an emotional connection with you that you don't enjoy. Or even when that you do enjoy, you'll be able to track where it is on your tree of enoughness. That needs a little more fortifying.

So we're getting a little more granular than just talking about enoughness, we're actually now breaking it down using the metaphor of a tree. So a tree has leaves, a tree has branches, a tree has a trunk, a tree has roots, and a tree is planted in soil. Those are the five elements of the tree of enoughness. Let's take them one at a time. Starting with the leaves, the leaves of the tree, these are the symptoms, these are the things that we notice: we can't miss them. They're everywhere with anything that's bothering us or anything that's delighting us, the symptoms are the outer manifestation of the inner stuff that we are able to see. So anytime that you are focused on the leaves, you are looking at the symptoms, okay, so lots of leaves all over the place on the tree. At certain times of the year, dropping down on the ground, we rake them up, we put them in sacks, we carry them around, we put them in piles, we blow them away with a machine or whatever the things are that we do with the leaves, but they are everywhere.

And they are all very much a part of our life experience because you can't miss them. The leaves are what get our attention: the symptoms, the symptoms, the symptoms, the symptoms, okay? The branches, some big and healthy and strong, and others tiny and fragile, and not so stable to be able to even hold up a whole leaf because they are so weak, okay, and everything in between those branches. Those are our emotions. So our emotions have ones that are in fact very strong, very hardy, that they can last through a whole lot of experiences. And they can hold up a lot of symptoms, and not necessarily good ones. And then we have the emotions that are more fragile branches. They are more precarious in their existence in our lives and in our structure. They maybe cannot produce the healthiest kinds of leaves, symptoms, okay, so we know which emotions are strongest and which ones are weakest. And it's not always good news, what we find there.

Next up, we have the trunk, the trunk of the tree, that's the enoughness that is that core resting state of "I'm going to be okay". No matter what the symptoms, no matter what the emotions, I am here, I am

enough. I belong here. All is well. Everything's going to be all right. Enoughness, that's the trunk, the trunk always is enough. Then we have the roots, those roots baby. That's your beliefs. The roots are your beliefs. And many times they're not even yours. They come from our ancestors. They come from our generational history, they come from how we identify ourselves. They come from our friends, family, opinions that aren't even ours, when we really think about "when did that belief take hold", we realize they're societal beliefs, they're truths that we adopted, they're not even really ours some of the time. But what we believe - those are the roots. So those beliefs have a lot to do with how healthy our enoughness is, and how extreme our emotions are, and how healthy the symptoms are that we're witnessing.

And then there's the soil, the soil in which we are planted with our tree of enoughness. That's our environment. Those are the people we choose to be around. Those are the things that we expose ourselves to. That's all the digital drama that comes at us. That's our self-talk. That is the food that we put into our bodies. That is the amount of sleep that we give ourselves. Those are the conditions that we expose ourselves to; and we have a choice because unlike the tree, we could pick up our routes and take our whole operation into a better environment. And hopefully as a part of this course you have already been improving your environment. You have made some incremental changes to your environment if they needed to be made. And that has, of course, effect on your beliefs because it allows the beliefs that are the healthiest to be even more supported, because they're in an environment that sustains those beliefs.

But the same is true for negative beliefs. If we have things that we believe that we actually really hate believing, but we stay in an environment that makes it easy to keep having those beliefs, we're going to keep getting what we keep getting no matter how much we change up here. Because there's only so much we can change about our emotions that affects our enoughness. And there's very little we can change about the symptoms that will actually affect our emotions that will actually help with our enoughness. The work has to be done from an environmental place first, from a belief place next, then it goes into our enoughness. And the enoughness is what allows us to have healthy emotions and symptoms that we love to look at. Rather than feel stressed out by from this point of view, you now have the ability to run any stressor in your life.

Don't start with the biggest gnarliest grizzly first one. I know that's the temptation to go to the thing that is most painful in your life right now and use this paradigm for it. I'm going to ask you instead, pick something that you're like, yes, that is unpleasant. That is something I don't like this is a symptom that I'm not crazy about. That's happening right now. Take a look at the symptom, the emotions, your resting

state of enoughness with regard to this issue, the roots, your beliefs about the situation and the environment in which you are planted. Regarding this situation, what's going to happen is you're going to find one or two things that need to be shored up, one or two things that need to be fortified, one or two things that need your attention and your focus and your healing work so that you can improve the entire situation. And if you're like "No, Bonnie, all five are a mess about this situation." Well, first of all, you started with your biggest gnarliest grizzly first one, which I asked you not to start with.

As with all Self-Management for Actors and enoughness tools, I want you to start with ones that are a little easier to work on. So that you build up the muscle for seeing where "Oh, there's one thing I can change, wow, that improves the whole tree. Wow, I need to change something about this situation. Great, that has two elements on my tree. Wow, I changed those two elements. And sure enough, everything got healthier", I want you to build up the muscle with those little victories, get practiced at this. And then you can tackle the stuff that's big and gnarly and grisly. And by the time you get to that, it won't be that all five things have to have some adjustment, it will still be that only one or two things need changing because of the incremental work you will have done to get to that point that you tackle the big one. I'm really excited to work on this very granular, very specific tool that I am crazy about.

Let me know how you feel about it. And let's practice. So proud of you. Keep showing up. You're doing great work.

You're right on time. Until next time, stay ninja.

Thank you for being a part of the 100! Spending this time working on next-tier YOU is delightful. We'll see you in the dojo!

Bonnie Gillespie