

E1: Why Enough Factor Podcast?

Because we all struggle with the question, "Am I enough?" And rather than talk about it, we get busy trying to prove to ourselves and others that we are. One problem though. Seldom if ever is that ever enough. That's why we're here. To help you to write your own definition - yours alone - of what makes you enough so you can have a brand new experience of living and loving. For you see, the answer is not in the mouths of other people. The answer is within you!

About Suzette

Your Relationship Solutionist Suzette Vearnon is the creator and host of Enough Factor Podcast. An extension of her MusicMath® Approach for Dating and Relating, the podcast focuses on 3 Critical Factors of Enoughness:

- Your Voice
- Your Value
- Your Vision

To dig deeper in the topics and to provide a safe place for individuals on their enough journey, Suzette formed the Enough Factor Connect group. There, high achieving women can redefine what makes them enough on their own terms.

Every product and service in her suite of offerings carries her IN-Powering message

In this first episode, your host Suzette Vearnon examines

- Why Voice, Value and Vision are critical to your enough definition
- Who you are really trying to convince that you are enough and why that matters
- The deception of overachieving

Things that made us go hmmm

"The efforts of those around me to lighten what was dark and straighten what was coily sent a clear message even though I was too young to understand the words."

"You see, believing we are enough only works to the extent that we respect what makes us enough."

"When you ask yourself 'Am I Enough?' " who are you trying to convince?"

What were your aha moments? We'd love to hear them!

To dive more deeply into today's episode or to get answers to specific questions, join other Enough Warriors at [Enough Factor Connect](#).

Interested in being a guest?

We've made it easy peasy! Click [here](#) and someone from our team will contact you!

Thank you for listening!

Credits

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