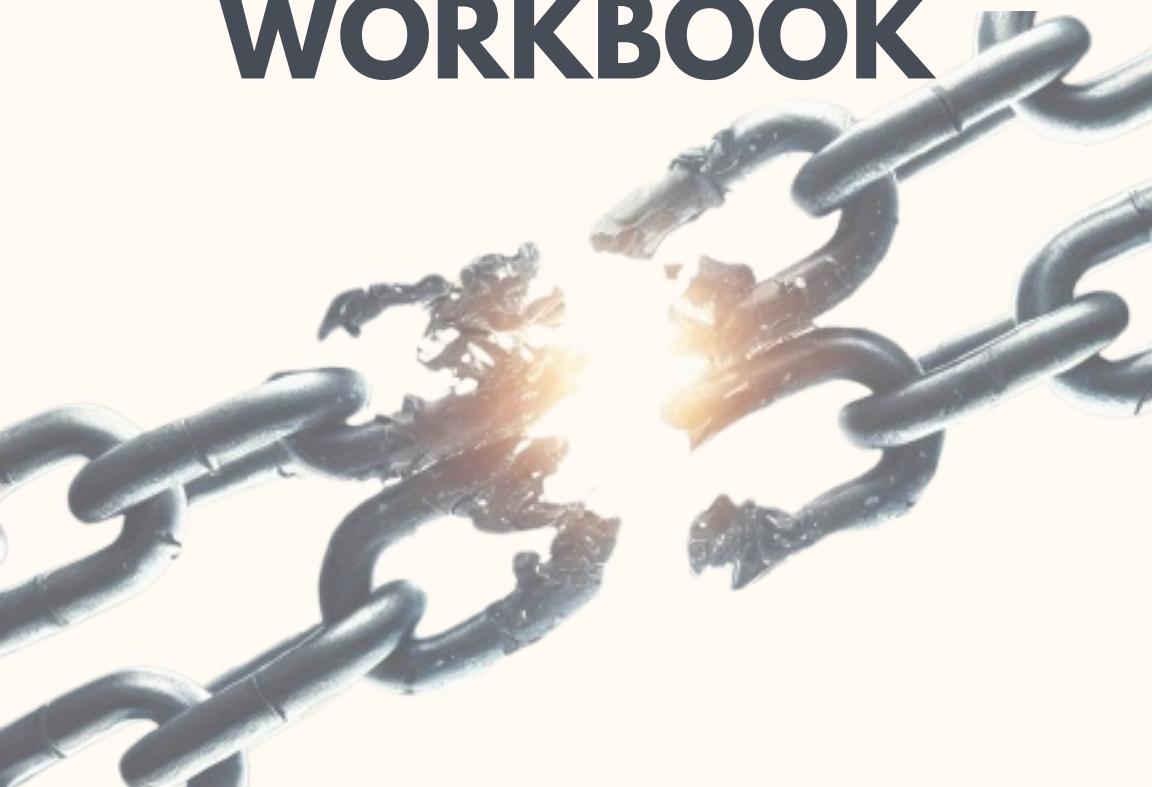


The Secret To Breaking Perfectionism's Grip

GOOD ENOUGH WORKBOOK



14-Day Journey to Discover a
Lifetime of Beloved Identity

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How to Use This Workbook

- 1. Set Aside 20–30 Minutes Daily:** Treat this as sacred time for personal growth.
- 2. Read or Review the Corresponding Chapter/Concept:** Each day references a core idea from the book.
- 3. Reflect and Journal:** The prompts encourage honest self-assessment and deeper processing.
- 4. Take Action:** Practical steps help integrate insights into real life.
- 5. Pray or Affirm (Optional):** End each day by grounding yourself in the truth of Beloved Identity.

You can print these pages or use a separate journal.

Remember: **progress**, not perfection.

Day 1: Uncovering the Seeds of Perfectionism

From the Book: Refer to Chapter 1 (Seeds of Perfectionism).

Journaling Prompt

Which early family or cultural influences shaped my drive to perform?

When did I first realize I tied my worth to external approval?

Action Step

Pick one memory from childhood where you felt strong pressure to “perform.” Write a short letter to your younger self, offering acceptance and understanding.

Prayer/Affirmation

I acknowledge the origins of my perfectionism and give myself permission to rewrite my story, starting today.

Day 2: Recognizing the Performer Within

From the Book: Refer to Chapter 2 (The Making of a Performer).

Journaling Prompt

In what areas of my current life do I still perform for approval (work, relationships, social media)?

How does it feel when I'm not "on top" or not praised?

Action Step

Identify one current situation where you sense you're being a "performer." Commit to showing up more authentically in that situation this week (e.g., share an honest opinion instead of people-pleasing).

Prayer/Affirmation

I release the need to impress. My authenticity is more valuable than perfection.

Day 3: Hitting the Wall

From the Book: Refer to Chapter 3 (Hitting the Wall).

Journaling Prompt

Recall a major setback or “crash” in your own life.
How did it challenge your sense of self?

Were there warning signs you ignored?

Action Step

Reach out to a trusted friend or mentor and briefly share the story of your “wall.” Ask for their perspective on how you’ve grown since then.

Prayer/Affirmation

Even in failure, I am not a failure. I embrace the lessons from my setbacks.

Day 4: Encountering Beloved Identity

From the Book: Refer to Chapter 4 (A Spark in the Darkness).

Journaling Prompt

What resonates with me about “Beloved Identity”?

If I truly believed I’m already loved, how would my day-to-day life change?

Action Step

Find a scripture or quote that captures “Beloved Identity” for you (e.g., John 15:9: “As the Father has loved me, so have I loved you. Abide in my love.”). Write it on a sticky note or phone wallpaper, and reflect on it throughout the day.

Prayer/Affirmation

I am fully loved and wholly accepted before I accomplish a single thing.

Day 5: Trust in The Wilderness

From the Book: Refer to Chapter 5 (Living in the Light of Beloved Identity).

Journaling Prompt

Where in my life do I currently feel most uncertain or vulnerable?

What would it look like to “trust” in this area rather than control it?

Action Step

Choose one worry or unanswered question. Instead of problem-solving it to death, spend 5–10 minutes in quiet reflection or prayer, releasing it.

Prayer/Affirmation

I trust that I’m supported and guided, even when I can’t see the full path. Nothing separates me from God’s love.

Day 6: Examining Motives

From the Book: Refer to Chapters 5 & 6, focusing on motivation checks and practical steps.

Journaling Prompt

What's motivating me in my job/relationships right now? Are there hidden fears or pride?

How can I realign these motives with authenticity and service?

Action Step

Do a “motivation check” today: before posting on social media, sending a big email, or making a significant decision, pause and ask, “Why am I doing this?”

Prayer/Affirmation

My actions flow from wholeness, not from hunger for approval.

Day 7: Healthy Boundaries and Saying No

From the Book: Refer to Chapter 8 (Practical Tools) for boundaries and alignment.

Journaling Prompt

Where am I overcommitting or draining myself to impress or appease others?

What boundary could I set this week to honor my values (faith, family, health)?

Action Step

Practice saying a graceful “no” at least once this week to an invitation or task that doesn’t align with your core priorities.

Prayer/Affirmation

I honor my time and well-being. Saying “no” can be an act of love—for myself and others.

Day 8: Generosity From Abundance

From the Book: Refer to Chapter 8 (Practical Tools) about generosity and breaking scarcity.

Journaling Prompt

What keeps me from being generous—fear, past trauma, or feeling I don't have enough?

When have I felt joy from giving? How did it change my perspective?

Action Step

Perform one act of generosity today (e.g., donate to a cause, help a friend, buy someone's lunch) without telling anyone. Let it be just between you and God.

Prayer/Affirmation

I give freely because I have freely received love, grace, and worth. (Matthew 10:8)

Day 9: Generosity From Abundance

From the Book: Refer to Chapter 6 or 7 on how vulnerability in leadership and relationships strengthens bonds.

Journaling Prompt

Is there a relationship I'm keeping superficial for fear of rejection?

How could vulnerability enrich that relationship?

Action Step

Share one personal struggle or need with a close friend, spouse, or mentor—something you'd usually keep hidden.

Prayer/Affirmation

In my openness, I find deeper connection. My worth remains secure, even in my weaknesses.

Day 10: Leading From Love, Not Fear

From the Book: Refer to Chapter 6 (Leading from a Place of Freedom).

Journaling Prompt

In what ways do I “lead” in daily life (family, church, community, workplace)?

Am I pushing people from a place of fear or guiding them from love?

Action Step

Pick one leadership opportunity—maybe a team meeting or a family discussion—and approach it intentionally with listening and empathy at the forefront.

Prayer/Affirmation

I lead by valuing people over performance, inviting cooperation instead of demanding compliance.

Day 11: Maintaining Momentum Through Accountability

From the Book: Refer to Chapter 8 or 9 about mentors, small groups, or accountability.

Journaling Prompt

Who in my life can hold me accountable in my growth?

What prevents me from seeking consistent mentorship or feedback?

Action Step

Reach out to one person (or a small group) to discuss forming an accountability relationship—whether it's weekly check-ins, monthly calls, or coffee chats.

Prayer/Affirmation

I welcome correction and encouragement, trusting it shapes me for greater freedom.

Day 12: Sustaining Transformation in Shifting Seasons

From the Book: Refer to Chapter 7 or 9 on adapting your practices through life changes.

Journaling Prompt

What life transition am I currently navigating, or do I see on the horizon?

How can I remain rooted in acceptance rather than performance when routines shift?

Action Step

Plan one practical adjustment for your routine to safeguard your “beloved” mindset during upcoming changes (e.g., blocking a weekly Sabbath hour, limiting phone usage at night, etc.).

Prayer/Affirmation

Seasons change, but my identity remains secure. I adapt with grace, not fear.

Day 13: Crafting a Vision for Legacy

From the Book: Refer to Chapter 9 on leaving a legacy of freedom.

Journaling Prompt

What do I hope people will remember about how I treated them?

What impact do I want my life to have on my family, friends, or community?

Action Step

Write a short personal vision statement: 2–3 lines capturing the legacy you want to leave.

Prayer/Affirmation

I am part of something bigger than myself. My life sows seeds of love that outlast me.

Day 14: Embracing Your Ongoing Adventure

From the Book: Refer to Chapter 10 (A New Beginning).

Journaling Prompt

What are my key takeaways from these 14 days?

How will I stay aligned with my Beloved Identity going forward?

Action Step

Identify one habit from the past two weeks that you'll commit to for the next month (e.g., daily morning reflection, weekly family check-in, or a monthly generosity challenge).

Prayer/Affirmation

Today marks a new chapter in my life, lived from a place of rest and belovedness. I am free and fully loved—now and always.

Nest Steps

Review and Reflect: Look back on your journal entries. Notice recurring themes, surprises, and moments of breakthrough.

Celebrate: Don't forget to celebrate what you've learned and how you've grown. Even small changes are victories.

Stay Connected: Share your progress with a friend, mentor, or community group. If possible, follow up with the author's next-level resources—coaching programs, workshops, or online communities that continue this journey.

Final Encouragement

This 14-day workbook is just a starting point. Each exercise is designed to help you integrate the book's lessons into real life. Perfection isn't the goal; progress and authenticity are.

Give yourself grace on the days you miss an exercise or feel stuck.

Transformation unfolds gradually, like a seed growing underground before it blossoms.

Above all, remember:

- You are not defined by your performance.
- You are already beloved, completely loved by your Father in heaven (see John 17:23, John 15:9, Matthew 3:17).
- Every step you take in that awareness brings more freedom, joy, and purpose into your daily life.

Continue this journey at your own pace. May these 14 days serve as a springboard for a lifetime of living, loving, and leading from a place of unwavering worth.

Wishing You a Happy and Abundant Life

Rudi Ribeiro Jr