

● ***Transforming the Fear of Not Enough***

A Journal Companion to “Meeting the Shadow” (Part 2 of 3 in Rewriting the Scarcity Story)

A guided tarot-based journey into your scarcity wound—featuring prompts, spreads, reframing tools, and affirmations to help you soften control, meet your fear with compassion, and remember: you are already enough.

🌌 **Tarot Spread: *From Fear to Enoughness***

Reflect on each card's meaning and how it relates to your story of scarcity.

1. **What fear is underneath my scarcity?**
2. **What story do I keep telling?**
3. **What does my inner critic say?**
4. **What truth is ready to surface?**
5. **How can I support myself right now?**

Dialogue with Your Inner Voices

Let your **Scarcity Voice** speak first. What does it fear? What does it say about safety, control, and not-enoughness?

Then, let your **Inner Nurturer** respond—with softness and truth.

Scarcity Voice Says:

Inner Nurturer Responds:

“This voice doesn’t have to be perfect. It just has to show up.”

Belief Tracker: Scarcity → Empowering Reframe

Scarcity Belief	Gentle Reframe
There's never enough.	There is enough for me right now.
I must stay in control or I'll lose everything.	I can breathe. I can trust. Life supports me.
Rest is laziness.	Rest is repair. Rest is my right.
If I don't give more, I won't be loved.	I am loved for who I am, not what I give.

Use this space to add your own core beliefs and reframes:

My Scarcity Belief:

My Reframe:

My Scarcity Belief:

My Reframe:

My Scarcity Belief:

My Reframe:

My Scarcity Belief:

My Reframe:

My Scarcity Belief:

My Reframe:

Track one belief over the next 7 days and reflect gently on when it arises.

Printable Affirmations

- ✧ I am more than what I produce.
- ✧ There is enough for me.
- ✧ I trust myself to receive.
- ✧ I don't have to do it all to be worthy.
- ✧ My needs are not too much.
- ✧ It's safe to want. It's safe to rest.

Cut these out and place them where you'll see them often—on your mirror, altar, journal, or wallet.



7-Day Emotional Pattern Tracker

Each day, reflect on these questions:

- When did I feel afraid of not having enough?
- What triggered the feeling?
- What did I do in response?
- What might I try next time?
- What helped me feel supported?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

“Patterns reveal themselves slowly. You don’t have to fix or solve—just begin noticing.”

Final Words

You’ve just met a vulnerable part of yourself. This is deep, sacred work. Place your hand on your heart and whisper:

✨ *“I am allowed to rest. I am allowed to receive. I am enough.”*

This free resource was created with care. If you found it helpful, you can support my work here: <https://healingthevoid.kit.com/products/help-this-grow-pay-what-you-can>