

What If You Let Today Be Enough?

There is always something unfinished.

A message unanswered.

A room that could be tidier.

A decision that still needs attention.

A version of you that could be more disciplined, more healed, more prepared.

If enough depends on everything being complete, enough will never arrive.

Perhaps today does not need to become remarkable.

Perhaps it only needs to be lived.

You showed up.

You carried what you could.

You made choices with the energy and understanding available to you.



There may still be things waiting tomorrow.

Let them wait.

An unfinished day is not a failed day.

A tired woman is not an inadequate woman.

You are allowed to close the evening without turning it into a review of everything you did not accomplish.

So perhaps today, instead of asking,

“Did I do enough?”

ask:

“Can I let what I gave be enough for this day?”

You do not have to answer perfectly.

You can simply stop for now.





Something to Sit With

What would change if I stopped measuring this day only by what I completed?

