

The Enough Practice

A practice for recognizing the moment when more would stop being care.



More can feel safer.

More effort.

More preparation.

More explanation.

But there is a point where care becomes depletion.

Enough is a boundary with completion.

Before You Begin

Use this with one task, gathering, meal, purchase, or day.

Ask what enough looks like before exhaustion decides for you.



Define Enough

Complete the sentence:

This will be enough when...

Choose a clear, visible stopping point.

Enough can be defined in advance.



Notice the Urge for More

When you reach the stopping point, notice the urge to improve, add, or continue.

Do not obey it immediately.

The urge for more is not always wisdom.



Stop and Let It Count

End the task.

Serve the meal.

Send the message.

Leave the room.

Practice allowing enough to remain enough.

What I have done is allowed to count.



Carry It with You

Enough may feel unfinished when overdoing has been familiar.

That feeling can change with practice.

Use this when effort keeps expanding beyond what the moment requires.

Define.

Notice.

Stop.