


Recognizing the Signs & Patterns of Overcommitting

You might think, I'm just a giving person. I like helping others! And that's great—until giving turns into exhaustion and you've got nothing left for yourself. Here are three signs that “enough is enough” and it's time to set boundaries.


1. The Never-Ending “To-Do” List Syndrome

Do you find yourself constantly adding more instead of acknowledging how much you've already done? The problem isn't your workload—it's that “done” never actually feels done.

 **Exercise:** Write a “reverse to-do list.” Instead of listing what you need to do, list everything you've already done in the past week. Now ask yourself: Would you expect someone else to do this much? If not, why do you expect it from yourself?


2. The “Guilt Reflex” Every Time You Say No

If setting a boundary makes you feel like a terrible person, it's time to unpack that. Saying no isn't selfish—it's self-respect.

 **Exercise:** Imagine your best friend was exhausted, stressed, and overcommitted. Now, imagine they told you, “I feel so guilty saying no.” What would you tell them? Now, tell yourself the same thing.

3. The Fear That Everything Will Fall Apart Without You

You've convinced yourself that if you don't do it, no one else will. But is that really true? Or have you been taking on too much for so long that people expect you to always say yes?

 **Exercise:** Pick one responsibility that drains you and try delegating it or letting it go this week. Observe what happens. (Spoiler: The world won't end.)

When is Enough, Enough?

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Journaling Prompt

Choose one of the exercises above and explore it in detail.

What patterns are you noticing? What small change can you commit to this week?



MY THOUGHTS