

# When is Enough, Enough?

1

## Knowing When to Stop Pushing & Start Prioritizing Yourself

Ever feel like you're constantly pushing, grinding, giving, doing... but no matter how much you give, it never feels like enough? Society glorifies the hustle—more work, more commitments, more responsibilities. But at what cost?

The truth is, enough is enough. You don't have to crash and burn before giving yourself permission to pause. You don't need anyone else's approval to step back and reclaim your energy. Your peace, joy, and well-being matter, too.

It's time to check in with yourself. Are you overextending because you want to, or because you're afraid of disappointing others? Are you saying "yes" because it aligns with your values, or because saying "no" makes you feel guilty? Let's get real about what's draining you—and how to reclaim your time, energy, and priorities.

### CHALLENGE

*Stop pushing against the tide and redirect your energy—catch yourself before you hit bottom and embrace a new direction. A strong reminder: enough is enough, and you deserve more!*

*I know YOU can do it!*



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1a

## Journaling Prompt:

Write a “Day in the Life” of someone who is truly at peace with their limits. How do they say no? How do they prioritize themselves?

Now, compare it to your daily routine—what would need to change to align your life with that version of yourself?



MY THOUGHTS

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4a

## Journaling Prompt

Write a letter to your future self six months from now. Tell them what you've realized, what boundaries you've set, and what you hope they've kept up with.

Seal it, set a reminder, and open it six months later.



MY THOUGHTS