

When is Enough, Enough?

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Stepping Into a Life Where “Enough” Feels Like Enough

Take a deep breath. You’ve done the work—you’ve explored where your energy is going, identified your boundaries, and started reclaiming your time. But let’s check in—**how does it feel?**

At first, setting boundaries might feel **weird, uncomfortable, even selfish**. That’s because you’re not used to it yet. But growth is never comfortable at first—it’s **new, different, and requires trust**. Trust that the world will keep turning if you **prioritize yourself**. Trust that people will still love you, even if you set limits.

So where do you go from here? You keep **checking in**. Keep asking: Is this something I WANT to do, or something I feel I HAVE to do? Keep practicing saying no when needed. Keep celebrating every time you choose your **peace over pressure**.

And most of all? Let go of guilt. You’ve spent enough time pouring into others. Now, it’s your turn.



Encouragementology®

the practice of instilling hope

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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