
Find your enough.

A starting point for a full life with room to live it.

Enough is personal. This guide helps you notice what is already good, name what matters next, and choose one practical experiment. Give it twenty quiet minutes. You can revise your answers as life changes.

You can build a life you love and enjoy the one you are in.

What is already here that I once hoped for?

When does my life feel most like mine?

What would I love a little more room for?

Look across your life.

Use ordinary, specific words. For each area, name what is working and what enough might look like in this season.

Money

What do I want money to make possible?

Already good:

Enough could be:

Time

What deserves a place in my actual week?

Already good:

Enough could be:

Work

What do I want my effort to contribute?

Already good:

Enough could be:

Stuff

What helps me live the way I want?

Already good:

Enough could be:

Together

Which connections do I want to tend?

Already good:

Enough could be:

You

What helps me feel at home in myself?

Already good:

Enough could be:

Give enough a shape.

Choose one area from the previous page. You are writing a useful working definition, not setting a permanent rule.

The area I want to explore is:

Enough in this area would let me:

I would notice enough in an ordinary day when:

What would support this? What is within my influence?

My enough, for this season: I want enough _____ to make room for _____.

Write that definition in your own words:

Try a little enough.

Make the first step small enough to fit your real life. Learning something useful counts as progress.

One thing I will make room for this week:

When and where I will do it:

What can pause, become simpler, or be shared to help?

Who or what could support me?

At the end of the week: what felt good, useful, or surprising?

What will I keep, change, or try next?

Return to these questions whenever your definition needs a little room to grow. More ideas and practical tools at Enoughist.