

You are a limited resource



Let go of the hustle mentality

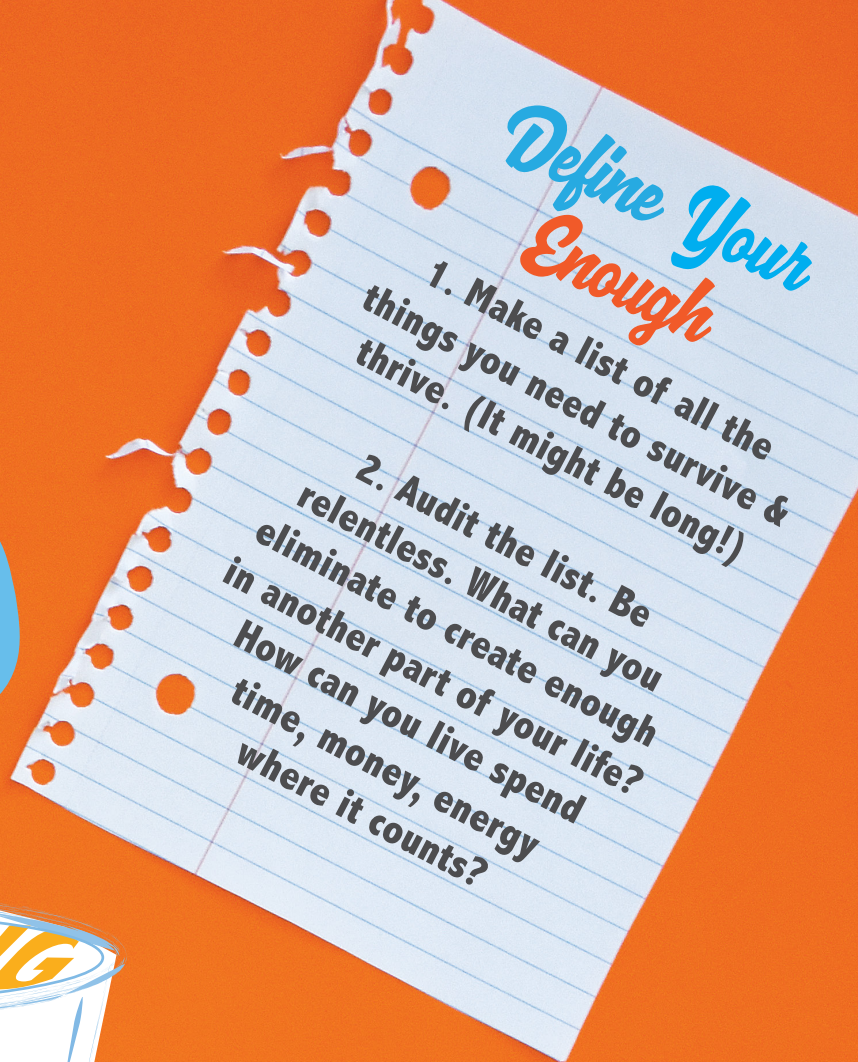
Go for better, not more.



Measure your availability.



Check yourself... & your Google calendar



money  
stuff  
work  
love  
time  
food



sleep  
friends  
space  
energy  
family  
ideas

Enough:  
"As much or as many as required"

When there is literally not enough – of your time, energy, mental capacity – to go around, you are stretched too thin. Be honest with others about how much you have to give.



### Benefits of Defining Enough

- Grateful for what you have
- Effectively spend your money
- Less Envy of Others
- Life feels fuller (in a good way)

Embrace Lagom, Swedish for "just the right amount."



### GRATITUDE

Do you have your basic survival needs met? Practice gratitude at your fortune, and come back to that place as you define your enough

Comparison is the thief of joy  
- Theodore Roosevelt

### You Do You!

The approval of others doesn't matter