

WHEN "NOT ENOUGH" WON'T LET YOU BE GREAT

You're not lazy. You're exhausted from constantly proving you belong.



This is about letting yourself breathe. Resting so that you can stay whole. You can slow down without falling behind and you're not less valuable just because you're tired.

We live in a world that constantly tells us to hustle, outperform, and stay "booked and busy." But healing happens when we finally stop running and start listening.



BURNOUT LOVES TO HIDE BEHIND COMPARISON.

It's not always dramatic or explosive. Sometimes it looks like:

*Waking up tired even after 8 hours of sleep
Feeling uninspired by the things you used to love*

Numbing out with TV, food, scrolling, or overworking

Telling yourself you just need to "push through"

You start thinking the problem is you. That you're lazy, unmotivated, or lacking discipline. But what if the problem isn't that you're not doing enough.

What if it's that you've been doing too much for too long without room to just be?

You are already enough. Not because of what you've achieved but because you are here showing up for yourself.

Here's a quick exercise to reconnect with yourself:

Step away from your screen or work for 5 minutes

Place your hand on your chest and take 3 deep breaths

Ask yourself:

What am I carrying that isn't mine?

What would it feel like to be gentle with myself right now?

Say this aloud:

"I am not behind. I am building a life that feels like me."

Let yourself feel that.