



Enoughness Reflection

Resting in what is already sufficient

Where in my life do I feel a quiet sense of “this is enough,” even briefly?

A 5x5 grid of 25 small black dots arranged in a square pattern, with one dot missing from the bottom right corner.

What parts of me feel worthy or complete without needing to do more or be different?

A horizontal row of 20 gray dots, arranged in a 5x20 grid pattern. The dots are evenly spaced and aligned vertically.

What expectations—spoken or unspoken—feel heavier than they need to be right now?

A horizontal row of 20 small gray dots, arranged in a 5x20 grid pattern. The dots are evenly spaced and aligned vertically.

REFLECTION: What I notice when I allow myself to consider enoughness without earning it:

A 5x10 grid of 50 small gray dots arranged in five rows and ten columns. The dots are evenly spaced and form a rectangular pattern.

Enoughness isn't something to reach—it's something you may already be standing inside.