THE STOP LIST

Some things can simply leave your list

- ☐ Saying yes before you check with yourself
- ☐ Writing a paragraph when no would do
- ☐ Explaining after you've been understood
- ☐ Trying to get everyone to agree with you
- ☐ Answering questions nobody asked
- ☐ Treating every message like an emergency
- ☐ Checking again when nothing has changed
- ☐ Having arguments in your head
- ☐ Rehearsing a fight that hasn't happened
- ☐ Replaying one that already did
- ☐ Trying to have the last word
- ☐ Reading comments that always piss you off
- ☐ Making a stranger's opinion your afternoon
- ☐ Checking the news like you're on duty
- ☐ Taking over because you'd do it differently
- ☐ Giving advice before asking if it's wanted
- ☐ Managing the mood of every room you enter
- ☐ Doing another adult's part for them
- ☐ Volunteering because the room went quiet
- ☐ Saying it's fine, then keeping score
- ☐ Expecting people to read your mind
- ☐ Saying yes and hoping they'll cancel
- ☐ Apologizing for having a preference
- ☐ Asking six people to approve your decision
- ☐ Calling it temporary when it's been years
- ☐ Waiting for someone to change
- ☐ Waiting for an apology before moving on
- ☐ Trying harder at something that needs to end
- ☐ Keeping things because they cost money
- ☐ Finishing things you no longer want to do
- ☐ Making every hobby earn money
- ☐ Buying supplies for a life you don't live
- ☐ Turning every good tip into another task
- ☐ Creating a system for a task you could finish
- ☐ Improving what already works
- ☐ Adding steps so it feels like real work
- ☐ Holding meetings to avoid making a decision
- ☐ Doing five jobs and calling it loyalty
- ☐ Looking for better after finding good enough
- ☐ Reopening decisions without new information
- ☐ Taking another course before using the last
- ☐ Tweaking the thing instead of putting it out
- ☐ Starting something new to avoid finishing
- ☐ Waiting to feel confident before you try
- ☐ Waiting for Monday to change one thing
- ☐ Saving the good stuff for a special occasion
- ☐ Treating rest like a reward for finishing
- ☐ Giving your actual life whatever time is left