

The Stop List.

SOME THINGS CAN SIMPLY LEAVE YOUR LIST.



Stop saying yes when you mean no.
Disappointment is not an emergency.



Stop asking everyone what to do.
Now you have five more opinions.



Stop replaying Friday's conversation.
It doesn't need your Monday too.



Stop reminding other adults to do things.
They have calendars too.



Stop turning every tip into a task.
You can just scroll past it.



Stop making every hobby earn money.
You can just paint a bad picture.



Stop saving the good things for later.
Use the mug. Light the candle.



Stop making rest optional.
You can just sit down.

Just stop one.

No blanks to fill in. Nothing to complete. No homework.