

ANTIWHELM.

THE ART OF LIVING LIGHTER

VOLUME 1 / ANDREA DAILEY

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Antiwhelm
Volume 1
First edition

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ANTIWHELM.

Antiwhelm is the art of living lighter.

Most advice tells you how to manage more.
Antiwhelm asks why you're managing it
in the first place.

Somewhere along the way, everything became
an assignment.

Your health.
Your home.
Your relationships.
Even your free time.

Antiwhelm means questioning those assignments,
handling what's yours, letting go of what isn't,
and making what's left easier.

YOUR LIFE IS NOT A PROJECT.

Go live it.

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Most advice tells you how to manage more.
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YOUR LIFE IS NOT A PROJECT.

There is no deadline.
Nothing is due.
You're not behind.

You don't need to be further along.
There is no final version to turn in.

Your life is not a project.

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A FEELING IS NOT AN INSTRUCTION.

You can be angry without sending the text,
guilty without saying yes,
afraid without making a decision,
uncomfortable without fixing it.

The feeling is real.
The reaction is optional.

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CAPABILITY IS NOT RESPONSIBILITY.

You can see the problem without taking over.
You can know how to fix it without making it yours.
You can be better at it and still let them do it.

Being capable does not make it yours.

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STOP.

Not everything needs your immediate attention.
Not everything needs a solution.
Not everything needs to continue.

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STOP KEEPING SCORE.

Someone else bought the house.
Someone else got good news.
You felt behind.

You're not.
Their good news took nothing from you.
Good things can happen for you too.

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YOUR EDGE IS SUBTRACTION.

More steps are not always progress.
More obligations are not always ambition.

Delete something.
Cancel something.
Let something be.

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MAKE IT EASIER.

Look at your version.
If it's too long,
too often,
too many steps,
Shorten it.
Do less.

Try that version.

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DON'T INVENT WORK.

Not every thought needs a task.
Not every task needs a process.

You had an idea in the shower.
It doesn't need a spreadsheet.

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ANTIWHELM YOUR LIFE.

Self-help tells you how to manage more.
Productivity tells you how to organize it.
Wellness tells you how to cope with it.
Antiwhelm asks why you're managing it in the first place.

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YOU'RE ALLOWED TO CHANGE YOUR MIND.

You keep saying, "That's just who I am."
When did you last check?

You tried something years ago.
It went badly.
Now you call it your personality.

An old opinion about yourself is not a fact.

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LET THEM BE DISAPPOINTED.

You can say no to the invitation.
You don't need to submit supporting documentation.

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STOP FORCING.

Convincing.
Chasing.
Fixing.
Trying to make it happen.

Go live your life.

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Do less on purpose.

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SOLVE NOTHING.

Stop fixing everything.

A bad day can just be a bad day.
Another adult's choices can stay theirs.
Some problems work themselves out.

Solve nothing until there's something real to solve.

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THE LIST ISN'T YOUR LIFE.

THE LIST

☐ Better job
☐ New house
☐ More money
☐ Finally relax

YOUR LIFE IS HAPPENING
BEFORE THE BOXES ARE CHECKED.

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NOTHING IS ON FIRE.

Not everything is urgent.
Most of it can wait.
Stop reacting to every problem like it's your emergency.

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REST ISN'T A PRIZE.

You don't get extra points for burning out.

You're human.
Your body needs rest, even when there's more to do.

Take the break.

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STOP GIVING YOUR LIFE THE LEFTOVERS.

You go the extra mile at work.
You take care of your family.

You make time for the favor.
The errand.
The thing that could wait.
By the time you get to your own life, you're exhausted.

Stop saying yes to the extra.

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LET THEM BE WRONG.

People will judge you.

You don't have to explain yourself.
You can't control what they think.

If they're wrong, let them be wrong.

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Stay out of it.

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DON'T CREATE HOMEWORK.

You added a morning routine.
Now you feel behind by breakfast.

If the fix gives you homework, stop.

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STOP REHEARSING.

Monday's argument is over.
Thursday's meeting hasn't happened.

You don't have to keep running either one through your head.

Do what's in front of you.

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YOU'RE FOLLOWING RULES YOU NEVER CHOSE.

Good people always say yes.
Rest has to be earned.
By this age, you should have more.

You didn't choose those rules.
They're not real.
Stop letting them make your decisions.

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YOUR WHOLE LIST ISN'T DUE TODAY.

Pick the thing that matters.
Do it.

The rest can wait for another day.

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STOP WAITING.

For the apology.
For the answer.
For someone to change.
For something better to come along.

None of it may happen.

Make your next move anyway.

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WORRY ISN'T HELPFUL.

Worry won't prevent it.

If it happens, you'll deal with it then.
It may never happen.

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Stop before you add the extra.

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YOU DON'T NEED ANOTHER SYSTEM.

You don't need an app for every habit.
A plan for every hour.
A fix for every part of yourself.

You're not broken.

Stop managing your life.
Go live it.

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