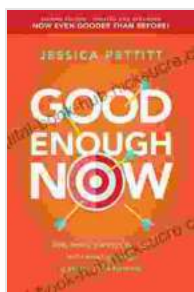


How Doing the Best We Can with What We Have Is Better Than Nothing Second

In a world where we are constantly bombarded with messages telling us that we need to be more, do more, and have more, it can be easy to feel like we are never good enough. We may compare ourselves to others and feel like we are falling short. We may set unrealistic goals for ourselves and then feel discouraged when we don't achieve them.



Good Enough Now: How Doing the Best We Can With What We Have is Better Than Nothing (Second Edition: Updated and Expanded) by Jessica Pettitt

★★★★☆ 4.3 out of 5

Language : English
File size : 2702 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 332 pages



This constant striving for more can lead to feelings of anxiety, stress, and unhappiness. We may feel like we are never good enough, no matter how much we achieve. We may feel like we are always chasing something that we can never quite reach.

There is a better way to live. We can learn to be content with what we have and to make the most of what we have. We can learn to focus on the

positive things in our lives and to appreciate the simple things.

When we do the best we can with what we have, we are living in the present moment. We are not dwelling on the past or worrying about the future. We are simply focused on doing our best in the here and now.

When we do the best we can with what we have, we are also being grateful for what we have. We are not taking our blessings for granted. We are appreciating the good things in our lives, no matter how small they may seem.

Doing the best we can with what we have is not always easy. There will be times when we feel discouraged or overwhelmed. But if we can learn to focus on the positive and to appreciate the simple things, we will find that we are happier and more content with our lives.

Here are some tips for doing the best we can with what we have:

- **Be grateful for what you have.** Take some time each day to think about the things you are grateful for. This could be anything from your health to your family to your home.
- **Focus on the positive.** When you catch yourself thinking negative thoughts, try to turn them around and focus on the positive. Instead of thinking about all the things you don't have, think about all the things you do have.
- **Make the most of what you have.** Don't wait for the perfect opportunity to come along. Take advantage of the opportunities that you have right now.

- **Don't compare yourself to others.** Everyone is different and everyone has their own unique journey. Comparing yourself to others will only lead to disappointment.
- **Set realistic goals.** Don't set yourself up for failure by setting unrealistic goals. Break down your goals into smaller, more manageable steps.

When we do the best we can with what we have, we are not only living a more fulfilling life, we are also setting a good example for others. We are showing others that it is possible to be happy and content with what we have. We are inspiring others to do the same.

So next time you find yourself feeling like you are not good enough, remember that you are ng the best you can with what you have. And that is good enough.

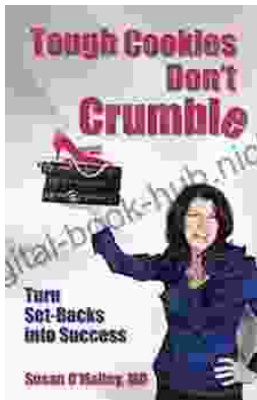


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