

# How to Decide When to Stop

Most people stop because they are tired. Others stop because they are bored. Very few stop because the work is complete.

Stopping is not failure. It is not quitting. It is a decision that something has reached its natural end.

The mistake is waiting for permission to stop. Permission rarely comes. Instead, clarity does.

You stop when continuing would only add noise.

You stop when the work no longer asks anything from you.

You stop when adding more would dilute what is already true.

If you are still searching for the perfect ending, you are not done.

If you feel calm leaving it as it is, you probably are.

Nothing else is required.