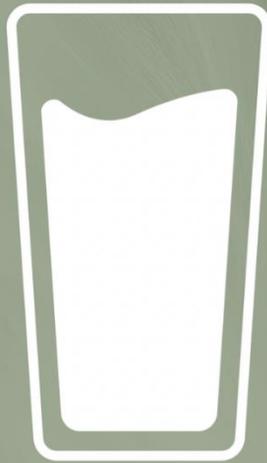


The Skill of Enoughness



(Move Forward Without
Being Consumed by More)

RAHMA ARIANI ROSHADI

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By:
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Preface

Almost every day we are exhausted by the flood of information on social media, the endless deadlines at work, and the demands of life that often spark friction. Not only in our personal spheres, but even in conflicts between nations competing for power. The world seems to constantly shout at us to be more: faster, busier, more accomplished, more powerful. Yet behind all of this lies a question we rarely ask ourselves: has all that we have truly brought us enough?

This book was born out of a personal search as well as a reflection on the spirit of our times. I believe that “enough” is not a point of stagnation, but a skill that can be cultivated. It is not mere resignation, but a way to grow with serenity, grounded in psychology, philosophy, and the lived experiences that support the guidance within these pages.

“The Skill of Enoughness (Move Forward Without Being Consumed by More)” invites you to discover balance: how to keep moving forward without losing your peace, how to grow without being endlessly consumed by “more.” My hope is that this book becomes a companion on your journey, a reminder that happiness does not always come from abundance, but from the courage to embrace what is already present.

Finally, I would like to express my gratitude to my family, friends, and early readers who have supported and offered valuable feedback. To the thinkers, researchers, and teachers of life whose footsteps I follow in shaping these ideas. And not least, to the global community though often unsettling and exhausting, it remains a source of inspiration.

Bandung, September 2025

Rahma Roshadi

Introduction

Why We Need to Learn to Feel Enough

Let me start by imagining a morning filled with the sound of notifications. Everyone, I'm sure, has experienced something so hectic that they haven't even had time to fully open their eyes.

The ringing alarm that immediately prompts you to get out of the shower and get ready for the office, along with the mobile phone screen that already displays a barrage of messages, emails, updates from social media accounts, and even new pop-up ads that tempt as if to say, 'Look, you still don't have much.'

As the day progresses, we race against schedules, targets and expectations. We work longer hours, chasing higher numbers, trying to look our best in front of others. However, underneath these achievements, there's a sense of emptiness that we often don't recognise. We constantly feel 'less': less productive, less accomplished, less established, less attractive.

Do you ever ask yourself, 'Why does everything still feel lacking?'

In a matter of seconds, your brain is also getting saturated with a life that is organised by others. You hear your boss's orders that must be carried out for the betterment of the company, your spouse's desire to add this or that asset, your extended family's expectation that we will soon achieve their standard of success, and so on.

The question actually arises in our hearts, but we rarely allow it to actually be heard. This is because when we decide to take a break, the world accuses us of being lazy, procrastinating or worthy of being left behind. Modern

culture has made productivity the new creed. The busier people are, the more valuable they are considered. Conversely, those who relax are the ones who don't take life seriously.

Is Life Really Just About More and Faster?

Many people live in situations that seem 'enough' from the outside such as having a steady job, a family, or perhaps secure assets and investments. But inside, they still feel empty. Something is missing. We're exhausted, but it's hard to pinpoint the exact cause. We pile up achievements, but the satisfaction is fleeting.

This phenomenon is not just a personal problem. It is a social phenomenon that is further amplified by social media. Every time we open our feeds, what we see are the best bits of other people's lives. You see friends on holiday abroad, staycations in luxury hotels, some buying new cars, others posting their activities at the gym with ideal body photos. Social comparison is automatic. We not only compare salaries, but also lifestyles, partners, achievements, and choice of holiday destinations.

We suddenly have a culture of 'worshipping busyness'. The phrase 'I'm busy' seems to be synonymous with success. Even when we're tired, we proudly share how busy our schedule is, as if it's proof that we matter. It's no wonder that many people feel strange when they are relaxed. The choice to rest is instantly haunted by guilt.

As a result, the standard of 'enough' shifts infinitely further. What was satisfying yesterday, today feels ordinary and continues to feel lacking because the standards are getting higher. In fact, it's not uncommon to hear people say, 'Just yesterday I was happy with my achievements, now I have

new targets.' Wealth, family, assets and investments and even time for holidays still cannot fulfil 'enough.'

A young employee may have the thought 'if my salary goes up, I will be at ease.' But after the increase, new needs arise that are actually self-created. Mortgages, car payments, lifestyles that - for some reason - have to adjust, as well as gadgets, clothes, holiday destinations and make-up that really have to be 'the same' as other friends.

It's not just young people, but even parents sometimes feel that their lives will only be peaceful if their children have a secure future with good assets. 'If my children have good schools and are wealthy, then I will die in peace.' But when everything is achieved, another concern arises: will my child be able to manage his money well? Will he be able to look after his family? What will happen to my grandchildren, great-grandchildren and other descendants?

There are many other social strata that have unrest in their minds. Students who feel they will be happy if they graduate soon, but get restless again when faced with the struggle to find a job. Even small children who start to envy their friends' toys and wish they had a new toy or bicycle as good as their friends'.

All of these displays, especially those that only appear on social media, are never filtered automatically by our brains. They are just highlights, not reality. But our brain doesn't care. It immediately compares.

This is a phenomenon in psychology called social comparison, where humans tend to judge themselves using other people's measurements. The problem is, this comparison is often unfair. We compare our daily lives with other people's best moments.

This is the paradox in modern life that causes the abundance we have, to still make us feel deprived.

Introducing the Concept of 'Enough Skill'

Having seen and realised the above phenomenon, herein lies the importance of the idea I offer in this book. An idea that may sound simple, but is actually radical because it needs to be forced into a habit, namely that 'being enough' can be trained.

We are used to thinking of enough as a static condition that will arrive on its own after achieving this or that. 'I will feel enough when I have a house, a certain income, an ideal partner, an athletic body, and so on.' In fact, reality shows that once we achieve one target, the brain immediately makes a new list. There are higher, bigger and shinier ones waiting to be achieved.

That is why 'enough' cannot be dependent on conditions outside of ourselves. It must be born from the inner ability to recognise stopping points, put healthy limits on ambition, and appreciate what is already there.

The skill of being enough does not mean we stop dreaming. It is also not an excuse to be lazy or give up. Instead, it's a way for us to keep growing without losing our sanity, without getting stuck in an endless loop called 'never satisfied.'

Nowadays, there are many popular movements that carry similar ideas such as minimalism, downshifting, and even the trend of 'slow living.' These are all inspiring. All of these are certainly inspiring. However, the skill of 'having enough' is different.

Having enough is not just about minimalism. Minimalism is often synonymous with a small amount of stuff. In fact, a person can have fewer things because of their purchasing power, and still have the desire to add more things if they have more purchasing power. This means that 'having enough' has nothing to do with income. The skill of having

enough is about an inner relationship with what is, not just numbers and possessions.

Enough also does not mean disappearing from circulation. Some people escape the hustle and bustle by going to a remote village or quitting their job. That's fine, but it's often a temporary solution. The skill of being enough helps us to stay present in the flow of modern life, without being swept away.

Ambition is still necessary to pursue achievement. So it's a big mistake if the skill of being enough is identified with anti-ambition. Being content does not mean we stop dreaming big. It only guides us so that ambition doesn't turn into poison. Healthy ambition encourages us to grow; excessive ambition makes us lose our way.

In other words, the skill of being enough is a way of managing ambition, without killing it. Sufficiency skills don't mean stopping dreaming or reducing ambition. Instead, it helps us to distinguish between healthy and destructive ambition. It gives us the ability to say to ourselves, "This is good enough for me. I can stop here without guilt."

With this skill, we are no longer stuck in a race with no finish line. We can still improve, but at a humanised pace.

The Scientific Basis Behind the Feeling of Not Having Enough

Psychology and social science provide explanations as to why we always feel inadequate. The theories below all emphasise one thing, that enough does not come naturally but must be cultivated.

1. Maslow's Hierarchy of Needs. According to Maslow, humans move from basic needs (food, water, safety) to higher needs (recognition, self-actualisation). But the problem is,

once one layer is fulfilled, satisfaction quickly fades. We immediately crave for the next layer.

2. Hedonic Treadmill. Research shows that humans quickly get used to achievement. A pay rise only makes us happy for a moment. After that, the bar rises again. It's like we're running on a treadmill that makes us tired and sweaty despite staying put.

3. Scarcity Mindset. Many people are raised in the mindset of 'fear of lack.' Even though objectively there is enough, the brain still says, "What if I run out? What if I don't have enough?" This mindset makes us never feel secure.

4. Relative Deprivation. Happiness is not only determined by what we have, but also by comparison with others. Research shows that someone is more willing to make 5 million when the average other person is 4 million, rather than 10 million when the average other person is 15 million.

What This Book Offers

This book does not offer instant recipes. It is not a collection of motivational quotes, nor a religious dogma telling you to simply surrender. Instead, this book is a practical guide to cultivating the skill of feeling enough.

So, what will you find inside?

Relatable narratives. Real-life stories and reflective illustrations about modern life, showing the struggles that we all face and the hidden pressures that shape our daily choices. These stories are not meant to entertain only, but to mirror our own experiences—so you may find yourself nodding, smiling, or even sighing in recognition.

Scientific insights. Concepts drawn from psychology, economics, and philosophy that explain why we constantly feel lacking. Rather than vague inspiration, you will find grounded explanations that shed light on how the human

mind works and why modern culture makes “enough” feel so elusive.

Practical exercises. Each chapter contains reflective questions, small daily experiments, or simple practices you can try right away. The goal is not perfection, but progress—small steps that, when repeated, reshape the way we relate to ourselves and the world around us.

With this combination, you will not only gain understanding, but also the opportunity to change habits. Reading alone is not enough—true change happens when ideas translate into practice. This book invites you to experiment, to pause, to question, and to act differently, one day at a time.

The ultimate purpose is simple yet profound: to live with a quieter mind, sharper focus, and deeper meaning. Imagine waking up not with the noise of “what’s missing,” but with the calm of “what’s here is enough.” That shift may seem small, but it has the power to transform the way you work, love, and experience life.

When Was the Last Time I Felt Enough?

Before diving into the following chapters, let us begin with one simple exercise. Take out a blank sheet of paper, or open a note on your phone. Then answer this question: “When was the last time I truly felt enough?”

Maybe it's when you're sipping coffee while gazing at the evening sky, when you shared a simple meal with your family, or when you completed an important task and felt a wave of relief. It does not matter whether the moment was grand or ordinary. What matters is that it was real to you. Write down that moment in as much detail as possible. What happened? Who was with you? How did your body feel in that moment?

Now, ask yourself: what exactly made that moment feel like enough? Was it the simplicity of the situation? The presence of someone meaningful? Or the quiet appreciation of what was already there?

Follow it up with one more reflective question: “What can I do to make moments like that return more often?”

At first glance, this practice may seem trivial. But in truth, it is a doorway into our journey. It reminds us that the feeling of enough is not something foreign—it has visited us before. The challenge is that it often gets buried beneath the noise and busyness of modern life. Our task is not to manufacture it out of thin air, but to learn how to invite it back, more frequently, and with greater awareness.

When you pause to recall a genuine moment of enough, you are not just remembering—you are training your attention. You are shifting your focus away from the endless “what’s missing” toward the treasures already present. In a culture obsessed with accumulation, this simple act of remembering is quietly radical.

This exercise also teaches us that enough is not tied to possessions, titles, or milestones. Often, the most profound sense of sufficiency arises in ordinary, unpolished moments: a shared laugh, a walk at dusk, a breath of calm after a long day. If we can notice these moments, we can begin to loosen the grip of the constant chase for more.

Over time, this small habit of reflection builds new pathways in the mind. The more we practice, the more familiar “enough” feels. What once seemed fleeting begins to settle into our daily awareness. In this way, sufficiency is not an abstract idea—it becomes embodied, lived, and real.

Most importantly, this practice offers a gentle reminder: you already know what it feels like to be enough. You are not starting from nothing. You are simply retracing

your steps back to a place you have visited before, and choosing to linger there a little longer.

That is where our journey begins—not with grand resolutions or drastic changes, but with a quiet recognition of what has already been true in your life. From here, we will explore how to make that truth more consistent, more conscious, and more sustaining.

Beginning the Journey

This introduction is not an ending, but an invitation. An invitation to pause for a moment, to step away from the endless chase, and to consider another possibility: a life not solely about “more,” but also about “enough.”

In the chapters ahead, we will look closely at the modern world that keeps us relentlessly exhausted. We will see how the sense of lack is shaped by culture, by social media, and even by economic systems that thrive on our dissatisfaction. Then, we will take a closer look at what “enough” truly means—how it differs from laziness or passivity, and how it can be trained as a real, living skill that makes our lives steadier and more whole.

Think of this introduction as the opening of a door rather than the closing of one. Beyond it lies a path that may feel unfamiliar at first, especially if you have been conditioned—like most of us—to equate success with accumulation and worth with constant progress. The invitation here is not to abandon your dreams or ambitions, but to explore whether there might be another rhythm to life, one that includes both striving and resting, both achieving and appreciating.

The truth is, we live in a time when the word enough is rarely spoken. Advertisements whisper that we are lacking.

Social media amplifies comparison until we feel perpetually behind. Even in schools and workplaces, the unspoken rule is that productivity defines our worth. Against this backdrop, to embrace the idea of enough is not simply a personal preference—it is an act of quiet resistance, a declaration that life can be measured by more than numbers, speed, and possessions.

This journey will not be easy. Reading this book alone will not automatically make your life calmer or more meaningful. But if you are willing to open yourself, to try the exercises one by one, then slowly you will discover that enough is something that can be learned. Like any skill, it requires practice, repetition, and patience. Some days it will feel natural; other days, it will feel like swimming against the tide. Yet both are part of the process, and both will shape you.

And here lies the paradox: enough is not about settling for less. It is about reclaiming balance. Growth without grounding can leave us restless and hollow. But growth rooted in the sense of enough becomes sustainable, nourishing, and joyful. It allows us to dream without being consumed by the dream, to work hard without being defined only by our work, and to love without the constant fear of not measuring up.

So let this book be a companion, not a command. Let it sit with you as you explore, question, and practice. Each chapter is an invitation to pause, to reflect, and to gently adjust the way you see the world. Each exercise is a small experiment in reclaiming your peace. And perhaps, by the end of this journey, you will realize that the idea of enough is not

distant or abstract at all—it has been waiting quietly within you, ready to be remembered.

Let us begin.

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The Skill of Enoughness

(Move Forward Without Being Consumed by More)

We live in an age where the demand for more never ends—more success, more speed, more wealth, more recognition. Beneath the surface, many of us quietly carry exhaustion, accepting burnout as if it were normal. But is there another way to move forward without being consumed by endless ambition?

The Skill of Enoughness (Move Forward Without Being Consumed by More) invites readers to rediscover balance in a restless world. Drawing from psychology, management, and spirituality, the book explores the meaning of enough as a skill that can be practiced and strengthened. It shows how to tell the difference between healthy contentment and laziness, between peaceful sufficiency and stagnant complacency.

Blending reflection with practical exercises, this book offers tools to train the mind and heart to keep growing—without being ruled by greed or pressure. Accessible and relatable, it speaks to readers of all ages and professions who long to step out of the cycle of exhaustion and find joy in the courage to say enough..



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