

# 10 Invisible Rules to Stop Following

## (And What to Do Instead)

*Let's trade pressure for peace.*

- You should be able to figure it out on your own.
- Keep the peace at all costs.
- Be the low-maintenance one.
- Don't talk about feelings. It's too much.
- Stay productive. Rest is lazy.
- Don't say it out loud—just be grateful.
- Look like you've got it together.
- Don't rock the boat in your relationship.
- Always say yes to your kids, your partner, your friends.
- Pick a mom type and stay in your lane.
- ✓ Ask for help before you hit burnout. Let "good enough" be good enough.
- ✓ Honor what you need, even if it makes others uncomfortable.
- ✓ It's okay to take up space. You're allowed to need care too.
- ✓ Say what you feel out loud. Real connection needs real honesty.
- ✓ Rest is responsible. You are not a machine. You are a person.
- ✓ Gratitude and frustration can exist at the same time. You're allowed both.
- ✓ You can be undone and still deeply valuable. The mess is human.
- ✓ A healthy partnership can handle honesty and hard conversations.
- ✓ Boundaries are not rejection. They're protection—for you and your people.
- ✓ You are allowed to be Simple(ish)—a little of everything, and still enough.