



Knowing What Is Enough Sets You Free

06 August 2026 | Freedom | 4 minutes

THOUGHT FOR THE DAY

One who knows what is enough is rich.

Daodejing | traditionally attributed to Laozi

What does it mean?

The Daodejing reminds us that being rich is not only about owning a great deal. It can also mean knowing what we truly need. This does not mean giving up every wish. It means choosing with care what genuinely makes life better.

When we know what is enough, we no longer have to keep up with everyone else. This brings calm. Money can then serve our lives-by giving us security, opportunities to learn, time with others, and support for goals that truly matter.

Put it into practice

- 01 Notice one moment today when you already feel content.
- 02 When a new wish appears, ask: Do I truly need this, or do I only want to keep up with others?
- 03 The next time money is left over, use it with purpose-for security, learning, or an important goal.

YOUR TASK FOR TODAY

Complete this sentence with three short answers: "For a good life, I truly need ..."

YOUR QUESTION

What would already be enough today if you did not compare yourself with others?