

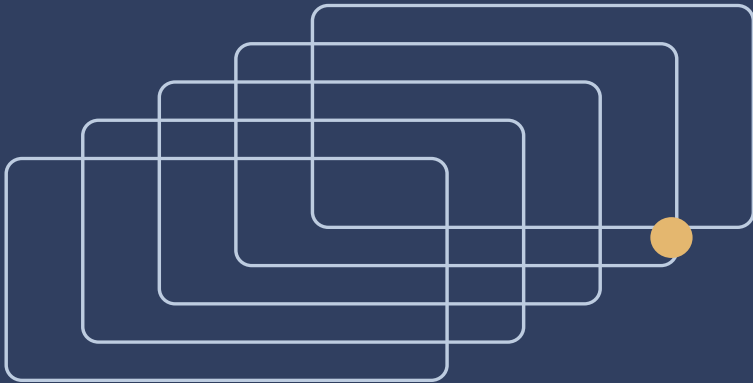
HUMALIGHT

FREE SAMPLE

NEEDS / N-03

Never Good Enough

Understanding the moving standard
and finding room to live beyond it



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A short guide to understanding everyday life

About this edition

Never Good Enough

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This guide explores what happens when everyday standards become conditions for rest or a sense of being enough. Elena, Sami, and Ruth are invented characters. Their stories illustrate possible patterns; they do not explain every reader's experience. The suggestions are optional educational exercises, not treatment. This guide and its tools have not been clinically reviewed or tested with readers. Choose what fits your circumstances, and set aside anything that makes things harder.

This sample contains the opening chapter of the complete guide.

Text developed with AI and editorially reviewed. The explanations distinguish research, interpretations and original practical suggestions.

CHAPTER 1

The finish line moves

Elena's project report came back with good feedback. Her manager highlighted three sections as especially clear and forwarded the document to a senior director with a short, complimentary note. Elena read the email twice, closed it, and spent the next forty minutes thinking about a table on page nine.

The table was fine. No one had mentioned it. But Elena had noticed a column that looked slightly uneven in the PDF export, and once she noticed it, the praise for the other three sections began to thin. By the time she left the office that evening, the project she had spent two weeks building had become, in her private accounting, the one with the alignment problem.

She knows the feedback was positive. Asked whether the project was good, she would say yes and mean it, mostly. Yet on the bus home she opens the PDF on her phone and looks at page nine again. She has no plan to fix it tonight. She wants to confirm that the imperfection is there.

The praise answered a question about quality. Elena is also asking whether she can stop checking without risking a later discovery that she was not careful enough.

These are two different jobs for the same piece of work. The first - did this meet the brief? - has an answer, and the answer was yes. The second - can I rest now, knowing that nothing I missed will come back to show I was not careful enough? - does not have an answer, because no single

project can close it permanently. Tomorrow brings a new brief, and the question resets.

Sami, who is learning to draw in a community class after years of wanting to, knows a version of the same feeling. He finished a pencil study of a glass bottle last Tuesday and liked it. The shading had a quality he hadn't managed before, something about how the light wrapped around the curve. He held the sketchpad at arm's length, pleased. Then he opened an art forum on his phone, saw a charcoal still life by someone with evident training, and the bottle on his page turned into evidence of inexperience. He put the sketchpad in his bag and did not take it out again for three days.

The drawing has not changed. Sami has changed the comparison: a moment ago he measured the bottle against what he could draw last month. Now he measures it against someone else's accomplished work. The new comparison hides the progress that pleased him.

Ruth's version happens in her kitchen. She has planned Sunday lunch for her sister, her brother-in-law, and their two children. She chose a manageable menu and bought the ingredients on Saturday. That morning her sister texts to ask whether her own mother-in-law, Jean, can join them. Ruth says of course. There is enough food for another guest. But Jean has strong opinions about cooking, and Ruth remembers them. Within an hour she has added an unplanned starter and begun wondering whether the tablecloth looks tired.

A real change has occurred: another person is coming. Ruth could put out another plate and check whether Jean needs anything different to eat. Instead, she begins preparing an

answer to a larger question: will anyone think I haven't tried hard enough? By noon, she is tired before the guests have arrived.

Each of these people began with something worth doing: careful work, a new skill, a family gathering. Each is also asking it to settle a broader question about competence, acceptance, or worth. A table, a sketch, or a roast has become evidence about the person who made it.

High standards, by themselves, are not the problem. Elena's care produces good work. Sami's ambition drives real learning. Ruth's generosity is genuine. The trouble starts when the standard is not just a standard but a condition: the thing that must be met before the person feels permitted to stop, to be satisfied, or to believe that the effort counted.

This book follows that extra condition. What is the achievement being asked to settle?

THE COMPLETE GUIDE

Continue the conversation

Follow Elena, Sami and Ruth as they explore when everyday standards become conditions for rest, acceptance or a sense of being enough.

Inside the complete book

2. When doing well becomes proof of being enough
3. The rule beneath the effort
4. A rule can ask more than a life can give
5. Find the actual requirement
6. Give effort a different job
7. When the standard returns

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