

2021-01-24 ☐☐ just do the thing

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note that this isn't about acting on feelings of guilt or obligation. nor is it another instance of the tyrannical and disingenuous social-media injunction to #bekind. the point isn't to try to be more generous than you currently are. it's to notice the moments when you naturally and effortlessly already do feel that way, then not to screw it up with overthinking.

- **oliver burkeman**

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