

THE QUIET ROOM

Because the best ideas often arrive in the quiet.



Enough for Today

Some days leave us feeling accomplished.

Others leave us wondering if we did enough.

There was one more phone call to return.

One more chart to finish.

One more article to read.

One more thing we meant to do before we finally headed home.

It's easy to believe that there will always be one more thing standing between us and the feeling that we've done enough.

But perhaps that feeling isn't waiting for us at the end of a checklist.

Perhaps it's a choice.

As estheticians, we care deeply about doing good work. We notice the details. We want every client to feel cared for, every recommendation to be thoughtful, every treatment to reflect our best.

Those qualities make us better professionals. They can also make it difficult to recognize when the day is complete.

The truth is, there will always be more to learn.

Another ingredient.

Another technique.

Another certification.

Another way to improve.

Learning is one of the great joys of this profession. But rest is part of the work, too.

We cannot continually pour into others without allowing ourselves moments to simply be still.

Not every day needs to end with everything finished.

Sometimes it ends with knowing you gave your attention where it was needed most.

Sometimes it ends with a grateful client.

Sometimes it ends with a lesson you'll carry into tomorrow.

And sometimes...It simply ends.

If today wasn't perfect, let it be enough anyway. The work will be here tomorrow.

Your clients will benefit more from an esthetician who returns rested than one who never gave herself permission to pause.

So, before you close the door to your treatment room—or your home—take one last look at the day.

Notice what went well.

Notice what you learned.

Then let the rest wait until morning.

Enough for today.

Robin Lee

esthetician • educator • writer