



THE Capacity Reset

3 first steps for women carrying too much

FEWER, BETTER EVERYDAY

By Brittany Travitz

I kept dreaming about a woman carrying a boulder.



At first, she looked like any other woman I might know.

But as I got closer, I could see she was struggling.

Exhausted. Almost in pain.

I saw the boulder on her back — made up of responsibilities, appointments, work, home, the people who needed her, and all the things she was trying so hard not to forget.

Tangled through it were the worries, guilt, expectations, decisions, and standards she carried, even when no one asked her to.

In the dream, I became her.

I felt the weight and tried to put something down, but it was all so intertwined. If I pulled out one piece, it felt like everything might come crashing down.

Eventually, I understood:

That was the work.



Not becoming stronger so I could carry an impossible amount forever.

Learning to see what I was carrying.
Learning what I could put down.
Learning to share the load.

And redesigning the systems underneath my life so what remained didn't require quite so much of me.

I eventually realized I wasn't dreaming about some other woman. I was dreaming about us.

So let's look at what you're carrying.

Maybe you don't need to get better at carrying it.

When life feels like too much, most of the advice we're given is about how to manage it better:

- Plan your week
- Wake up earlier
- Create a morning routine
- Time-block your calendar
- Meal prep
- Be more productive
- Take better care of yourself
- Delegate
- Meditate

It can all be helpful. But it assumes the problem is how you're carrying the load.

What if we questioned the load itself?

You don't need another strategy for carrying too much. You need a way to untangle what you're carrying.

IN THE NEXT 15 MINUTES, YOU'LL:

01

SEE

one source of capacity drain
you haven't been recognizing.

02

RELEASE

one thing you don't need
to carry this week.

03

DESIGN

one responsibility to require
less of you going forward.

You don't have to change your whole life today.

We're looking for one piece.

What's your boulder made of?

For a few minutes, don't organize, prioritize, or try to fix anything.

Think about everything taking up capacity in your life right now—the things you do, but also the things you remember, anticipate, decide, coordinate, worry about, manage, and feel responsible for.

**Fill your boulder with everything you're carrying
—especially the things no one else can see.**



Need a prompt? Responsibilities · Decisions · Expectations · Worries · Work · Home · Relationships · Mental load · Guilt · Open loops · Things you're trying not to forget

Now look at what you wrote.

What surprised you?

What takes up more mental or emotional space than you realized?

What would no one else know you were carrying unless you told them?

ONE THING I DIDN'T REALIZE WAS TAKING THIS MUCH CAPACITY IS:

That's the first shift.

You can't change what you can't see.



Now let's start untangling it.

Look at everything you wrote. For each item, ask yourself:

KEEP

This matters to me and genuinely belongs to me.

SHARE

This matters, but I shouldn't be carrying it alone.

RELEASE

This doesn't need to be done, owned, worried about, or maintained right now.

QUESTION

I'm not even sure why I'm carrying this anymore.

You may notice something uncomfortable here.
Some of what you're carrying really does belong to you.
But some of it might not.

You don't have to solve all of that today.

Find one piece.

What is one thing you could stop carrying, or stop carrying alone, this week without anything truly important falling apart?

THIS WEEK, I AM GOING TO:

- ☐ Release it
- ☐ Share it
- ☐ Question whether it needs to happen at all

How could this require less of you?

Some things can't simply be put down. But you don't have to keep carrying them the same way.

Five ways to make something require less of you:

LOWER THE STANDARD	What would good enough look like?
SHARE	Who else could own all or part of it?
SIMPLIFY	Could there be fewer steps, decisions, or options?
SYSTEMIZE	Could a routine, default, automation, or tool carry some of the load?
DO IT LESS	Could this happen less often, later, or only when it's actually needed?

One thing I can make easier this week is:

I'll make it require less of me by:

That's your first Capacity Reset.

One fewer thing to carry. One better thing to enjoy.