

RANDY MAZIE

Limits

One of the hardest things I've had to learn is what my limits are.

What I can and cannot do.

But it's hard to remember that I have them.

You see, once I start to feel good and everything is going well, I forget I have limits.

I tend to overdo things and stretch myself way too thin.

Before I know it, I'm back feeling anxious, depressed, and self-pitying.

I think I know what my limits are.

But it's my memory I have to work on.

I have to remember to only take on what I can handle today. Nothing more.

But I have to remind myself of that every day.

