

Really nice piece, thank you for sharing.

I'm in my mid forties, and just arriving at a similar awareness; it's one thing to push your limits and be ambitious, but it's another to feel guilty for not measuring up to a self-imposed imaginary (*in my case*) benchmark that will *always* be higher than is achievable.

It's OK, you're doing your best, and it is awesome!

Brett — Nov 21, 2019 07:06 am

Thanks for sharing! We're not alone :)