# Summary of Gentle reminders

Work sustains you to live a comfortable life, but it is not what defines who you are . It is essential to understand that life needs a balance that creates space for things and people you love . If you feel lost directionless and lost, read this if you are suffering from a burnout, something you might need to hear today . Here are 10 reminders that will help you realize life is more than hustling for productivity every day . The synchronicity at success and failure is believed to be the rhythmic flair of life . Striving to be our tireless endeavours can be the best we can ever be, it can challenge us to plunge into the uncertain waters that challenge us and propel us forward to move forward as we stride on this journey . The key is to have enough space for the things you love, that spark the light of passion within you. The best you need to have a balance in every aspect of your life, not to give up on your dreams would rob you off the beauty of life you could have achieved, it is the best you can ever been, say Hridya Sharma . The best we will ever be the most successful person in our endeavours. We are not living in a race,