My Greatest Challenge

Maintaining good self-care is going to be my biggest challenge. I often forget to take care of myself when I work on challenging problems or deal with difficult situations. This is something I am acutely aware of now that I have gotten older and my lovely wife reminds me.

With her support as well as being more aware of when this happens I am learning to identify and voice my needs for breaks, fun time, and rest. This ensures that I take care of myself because when I am at my best I can do my best.