The hardest “key to success” for me will definitely be the “Self Care” Key. I often have a problem when it comes to either taking things slow, or taking breaks. When I have a problem I like to rip into it until its solved. Over the years I’ve come to realize that is not the best way to go about things, but it is a hard habit to break. I know how I am going to overcome it, what I do is set an alarm for two hours after I start a project to let me know it’s time to take a break. For some reason the idea that it is an alarm makes it feel so much more mandatory.