Limits Decoded

In today's world, a very famous quote revolves around which is 'sky is not the limit anymore', which suggests that if you work hard, achievements will be limitless.
But not everyone of us achieves a lot, or atleast we think like that. We say, 'shoot for the moon, if you miss, you will still be in stars' but what is moon actually for me?

Talking about that, many claim that they tried so many ways, but they fail everytime, its not that they have made zero progress, but not at a level they planned for. So, how do we state our goals and limits for it, so that, we attain them and with much efficiency?

Its very prominent that though not everyone of us has a good record in being punctual or consistent towards our goal, but its almost sure that everyone of us have gone through a phase where we could not resist a habit of ours, be it social media or workoholic nature.

The question is why do I stress on this bad habit sort of thing? Let me clear it out, if you have seen a person who is addicted to gaming, does he say that I will play for 10 hours straight and then do my other work?
The answer is 'No'.

He says, 'lets just play for 10 mins and then do my work', and nobody knows how those 10 mins develop into 10 hours, same goes for discipline also. Instead of saying I will work for 2 hours and working just 2 mins, why not we apply the same strategy and say, I will only work for 2 mins and when 2 mins are over, say just 2 mins more, if its impossible to sit, do not force yourself.

Increase those 2 mins to 12 then to 20 then to 30 then to 45 and so on, it may take a complete month to settle yourself up, but it does give you patience. Just like bad habits surround you slowly, let good habits do it too.

And that is where you break your own limits, slowly but definitely, just the same way we do it in mathematics, okay if $f(x) = 0$ for some $x = a$, lets just see what $f(x)$ is at $x = a - e$, where e is very small, close to zero, and at the end what we achieve is continuity, differentiability, integratibility and many more.

Always remember the only point to note is that, stressing your mind to shoot for moon is useless, instead, shoot for sky, then for stars, then for moon and why to stop? Keep moving forward and thats how you will really feel, once sky was my limit, today, I am trying to reach moon. Not when you just want to but never can reach there.