I think its important to keep everything we do in perspective, especially in the sciences because we get so wrapped up in the small and abstract that we can ignore the greater image even if that's what spurred our curiosity in the first place. This happens to me quite often while coding, where I'll get so caught up in trying to find the optimal way of doing something that I'll lose sight of what I set out to accomplish, and this can lead to me getting discouraged and walking away. But when I return after clearing my head I can see the overarching design and the beauty of just creating something from scratch, its that beauty that gets me refocused on the task at hand, and sometimes it even helps me see the beauty in all the tiny nuances of optimization.