

flow



"Doing my best" is something that looks very different to every person.

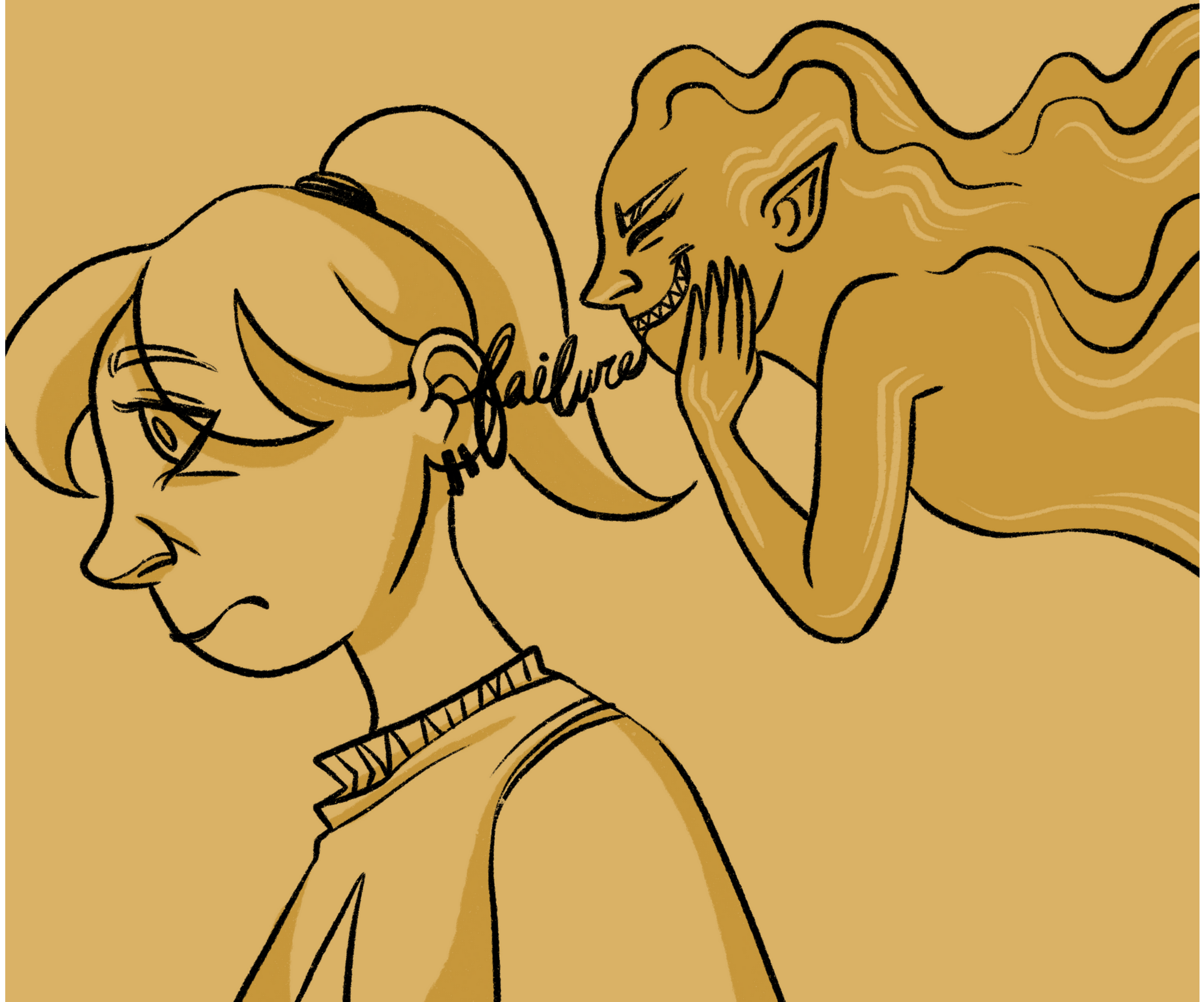
What may be a
really easy burden
for one person
to bear...



... may be
really tough
for another.



That's where the internal critic
comes into play.



"Maybe they're just better than you,
trying harder than you."
"Maybe your best is not enough."

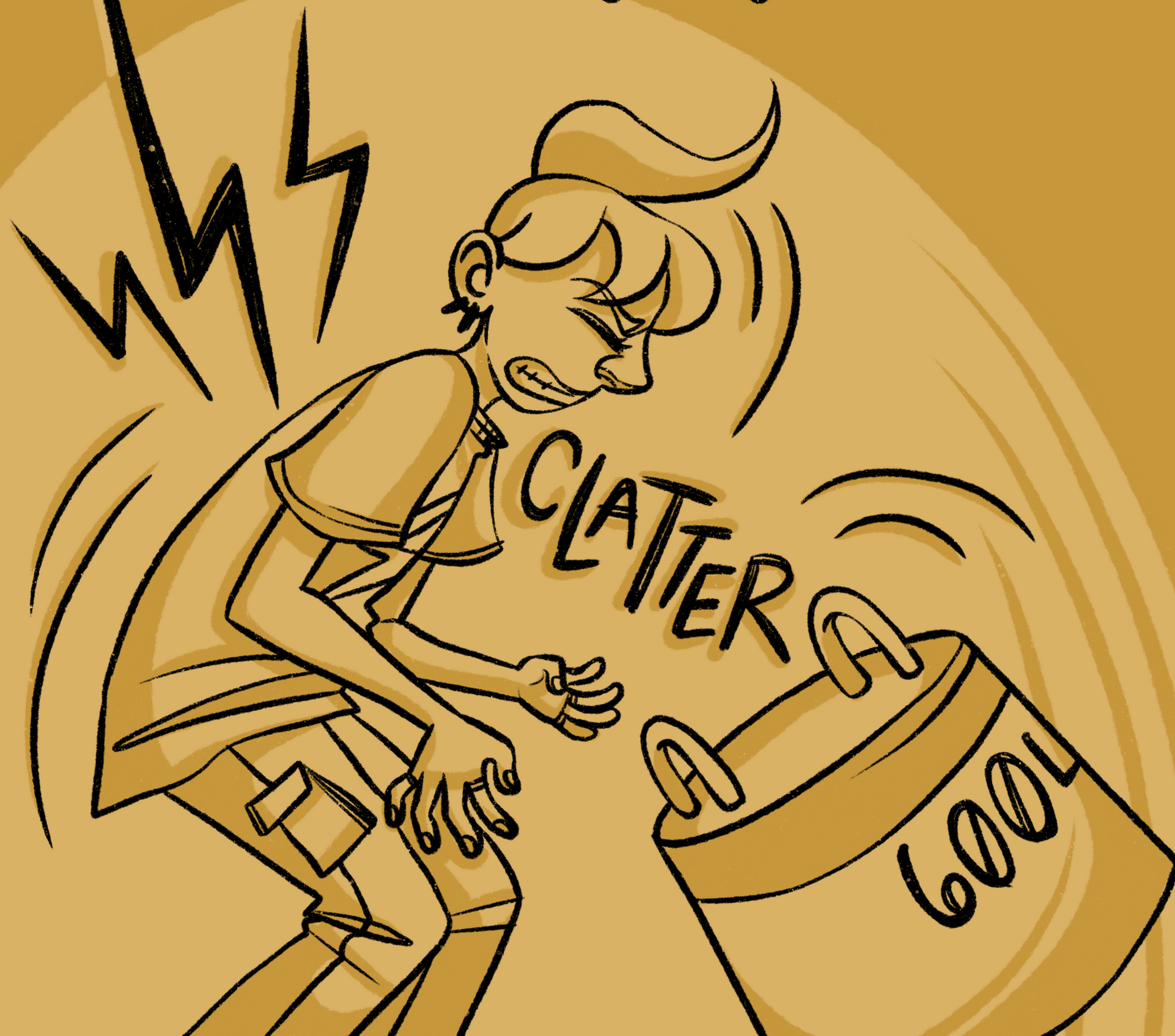


So you start to push yourself.



Hard. "Maybe that wasn't my best.
Maybe I need to try harder."

And then you get hurt.





Here's the
thing:

Doing
your best
does not mean
pushing yourself to
a breaking point.

That's why it's called "YOUR best."
It might be different from
someone else's.



And that is okay.