



Episode 151: Embracing Your Limits in a Limitless System

Acknowledging our limits can feel like an inconvenience to ourselves and others — or make us feel inadequate. However, the truth is that we will be so much more impactful and productive when embrace the limits given to us by Mother Nature, instead of resisting them.

Knowing when to stop before burnout gets the better of us will allow us to serve the people around us so much better.

Rachel encourages everyone in this episode to evaluate themselves, embrace their limits, and give themselves space. This activity will guide you in processing the limitless demands of life and teach you how to function well amidst them by acknowledging your limitations. You will actively come up with course-corrective measures you can take so that you can look after yourself and embrace your limits better.

Podcast links

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[Episode 158](#): How to Ditch the Saviour Complex and Feel More Alive with Rob Bell

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Quote to remember:

'You don't have any choice about the limits that you have, but you always have a choice, and the choice that you do have is about how you embrace your limits.'

What You Will Learn

Everyone has limitations, but often, people struggle with accepting them. It is particularly difficult to do so when looking at the demands of everyday life, especially when you think you'll inconvenience others.

However, not embracing your limits will hurt you more in the long run. Let's be realistic: you're more likely to perform poorly when tired, and pushing your limits makes you more prone to making mistakes. You may even have to take a leave when you least want to, at a time outside your control.

While going through this exercise, try to acknowledge your limits and respond to them positively. You cannot control the unending demands around you, but you can control how and when you address your body's needs.

Finally, you will establish a set course of action for whenever your limits start to show, telling you that you need to take that well-deserved break.

Activity: Embracing Your Limits Fully

Q1. Write about one experience you have where you ignored having reached your limit. What happened?

Q2. It's important to be aware of what your limits are. What warning signs indicate that you're at your limit?

1. _____
2. _____



- 3. _____
- 4. _____
- 5. _____

Q3. What prevents you from taking action, even when you are not feeling your best? What do you think is the reason why?

Barriers to taking action	Reasons

Q4. Close your eyes and take a deep breath. Imagine you are at the end of a very tiring and stressful workday. What will help you destress and relax? You can draw it or write about it in the box below.

Q5. Explain the runway concept Rachel talked about in the podcast. Where are you on your stress runway right now?

Q6. Plot your runway for your health, relationships, energy, time, and resources. Come up with an early course correction, mid-course correction, and emergency stop procedure.



	Limit 1	Early Course Correction	Limit 2	Mid-Course Correction	Limit 3	Emergency Stop Procedure
Health						
Relationships						
Energy						
Time						
Resources						

Q8. Describe your current job. What are some main stressors there? How do you address them?

Q9. Write down some of the things you enjoy doing to relax and embrace your human limits? Schedule a day and time to do them.

	SUN	MON	TUE	WED	THU	FRI	SAT
1.							
2.							
3.							



4.							
5.							

Q10. Many people feel guilty about taking a break when there's work they need to do. What message would you write to someone who feels the same?

Read this message whenever you struggle with embracing your limits.

CPD time claimed:

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