Know Your Limits at Work Picture This



What is wrong in this picture?

There is risk to not knowing your limits. The first hard truth of productivity is that you cannot do as much as you think you can, specially when your safety is compromised. You can make hundreds of things a day. You can close dozens of deals. You can write thousands of lines of code. You feel invincible and immortal in your mind, but when you are not safe during work tasks you must stop working immediately.

You inflate what you are capable of. You are not a superman. You do not scale the same way as machines do. You are only a human. It is easy to ignore median output and assume that you are an incredible exception that works in a flow state, at will, ad infinitum.

But as a human, you have built-in limitations. These limitations are physical, mental, social, and chronological. Until you recognize those limitations, you will never be safe and feel productive ; you will always assume that you could be doing more.