

# Weary

Your weariness is not an excuse to quit. It is a confirmation that you're making progress. Sustained, effective effort can be tiring indeed, and yet the rewards of that effort are great.

Though effort will make you tired and weary, the lack of effort is far worse and ultimately much more tiring. The weariness that comes from honest, effective effort will quickly be soothed by a good rest. The weariness that comes from aimless drifting knows no such relief.

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. The effort is difficult. That's what makes it worthwhile. Focus on the objective and move steadily forward. Keep going until the job is done and the goal is accomplished. Your weariness is evidence that you're already paying the price. Make sure you stick around to reap the eventual rewards.

—Ralph Marston