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In life you need to be productive (effective) you need to achieve what a person wants, but you cannot be constantly in suspense, in a state of desire for something. You need to set a goal and go to it

My point is that in life you need rest and you cannot constantly be effective, all the more so in all aspects that a person and I need to improve in the course of life acquiring certain qualities and setting a goal, I go to her, but this does not happen constantly I give my body and the "head" to rest because you can "overheat".

I have an example of another way of thinking and a person tries constantly, he does not rest and does some kind of work constantly in order to become better. He cites the example of famous people who have effectively evolved constantly. And these people didn't get tired as they "burned" with it and were involved in what they were doing. For them, this was the goal of a lifetime and they coped with difficulties no matter what.

But these people are few because most people can simply "burn out", failures can occur and a person abandons business. But if he had a rest, then this would not have happened since a person doing his business slowly and would go to the goal. It's easy to get tired of work, but it's very difficult to get back into it, so it's best to give your body and "head" a rest from worries.

In the end, I want to say that if a person is purposeful, he will still be able to achieve his goal, but it may take longer if he does not rest.