

[written at my wife's insistence to remind me not to stretch any further. Posted over my desk]

When I'm being asked/offering to do one more little thing....

# REMEMBER

I run a very intensive, time consuming movie/advocacy project, I also have  
a flourishing gardening business,  
a mother with Alzheimers,  
a father with many health problems, several friends in physical & emotional  
crises,  
a big yard & garden,  
two teenage sons, a wife (poor wife),  
a bad back, bad feet,  
a challenging memory deficit,  
an ileostomy & manic depressive illness

- These are some of my commitments and challenges -

***"Please don't ask me to do anything else."***