

## The Law of Diminished Returns

In economics; it states that in all productive processes, adding more of one factor of production, while holding all others constant will at some point yield lower incremental per-unit returns. The law refers to the point the level of profits or benefits gained are less than the amount of energy invested.

Basically, at some point, the effort put into something is more than the payoff will be. The Juice no longer is worth the squeeze. (remember, when life squeezes you, what's inside will come out)

In psychology, this also means the more times you do something, the less of an effect it can have on you, either positive or negative. Sometimes when you do something too many times, it has less of an effect. Weather that effect is positive or negative depends on the activity being done.

According to the Law of Diminishing Returns (also known as Diminishing Returns Phenomenon), the value or enjoyment we get from something starts to decrease after a certain point. Let's say we go to an amusement park and ride our favorite roller coaster five times in one day. The first time is exhilarating. The second and third times are also exciting. But after the fourth or fifth ride, we start to feel sick and bored - we've had enough. The law of diminishing returns also applies to performance.

Although it's important to study for an exam or practice for a game, there is a limit to how much time and energy we can invest and still expect to see an improvement. If we practice too much we'll start to feel burned out and may even start performing poorly.

What have you put too much effort into? What for you is or isn't worth continuing to do?

