Do (good) deeds according to your capacity, for by Allah, Allah never grows weary (of giving rewards) unless you grow weary (of doing good deeds), and the best deed in His sight is that which is done regularly

‘Ā'ishah (may Allah be pleased with her) reported that the Prophet (may Allah's peace and blessings be upon him) came in while a woman was sitting with her. He said: "Who is she?" ‘Ā'ishah replied: "She is so-and-so," and told him about her (excessive) praying. He said disapprovingly: "Do (good) deeds according to your capacity, for by Allah, Allah never grows weary (of giving rewards) unless you grow weary (of doing good deeds), and the best deed in His sight is that which is done regularly.”

[Authentic hadith] [Narrated by Bukhari & Muslim]

A woman came to visit ‘Ā'ishah (may Allah be pleased with her) and mentioned to ‘Ā'ishah her abundant worship and prayer, so ‘Ā'ishah mentioned that to the Prophet (may Allah's peace and blessings be upon him). He expressed disapproval and forbade her from going to extremes in performing acts of worship, and instructed her not to overburden herself with things she could not handle. Then he informed her that Allah does not become tired of rewarding good deeds until one becomes tired of excessive worship and thus abandons it. One should thus only do what he will be able to continue doing regularly to continue receiving the reward of Allah for it.

http://www.sunnah.global/hadeeth/en/show/5845