Question about Existence of limit of a function...?

Q:

If
$$f: R \to R$$
 be defined by $f(x) = \begin{cases} 1 & \text{if } x > 0 \\ -1 & \text{if } x < 0 \end{cases}$
then prove with $\varepsilon - \delta$ definition, that $\lim_{x \to 0} f(x)$
does not exist..?

Note: Please explain me with step by step...!

Thanks too much for this....!