**Compare yourself with**

**your self yesterday**

**Thursday 14/2/2018**

**Bad things**

* Today. I made my father sad by acting like I am sad for not going to the bride home and did not want to open talk   
   with him.
* Today, I wasted almost 5 hours to write my cv during that time I spent a lot of time in distracting and listening to   
   music and repeating it
* Today, I acted rude with my female workmates as that I have not talk to any of them at all especially the Taurus   
   one , also the others
* I have not work in IOS at all
* I showed my CV and work to my workmate , and that could make him feel bad or jealous of him self
* I did wasted energy
* I wasted the time since going back from the university , until sleeping which count almost 6 hours !!!
* Have not pray , I was all the time not able to do so.
* Missed my meeting with end hamdy my cousin
* Have not contact with sameh a lot and showed not interest in his new news about being close to wedding
* Have not plan the day from the start
* Broke a rule for a girl and made her exception.
* Have not use the time tracker.

**Good things**

* Apologized to my workmate for promising her to go with us in the visiting.
* Plan the work about faculty and finish it almost.
* Find a new good song to listen.
* Delay the explosion of my Temp bomb by showing her she has the greatest amount of my interest and listen to   
   her gossips.
* Make someone feel better, the sec in the faculty I wrote him the poem.
* Spent less than 5 pounds.