📓 **Journal Entry – Tuesday**  
**Date:** August 26, 2025  
**Day:** Week 1, Tuesday  
**Mood:** Tired, but trying

**What I did today:**  
• ✅ Completed TryHackMe Lesson 2 on Defensive Security  
o Learned about the Blue Team, DFIR, Threat Intelligence, SIEM, and malware types like ransomware.  
o Understood phases of Incident Response: Preparation, Detection, Containment, Recovery, and Post-Incident.  
• ✅ Tried Quadratic and Linear equations in Math.  
o Quadratics made sense in parts.  
o Explored advanced stuff like groups or homology, but it was confusing. That’s okay.  
• ❗️Used AI (Marc) to generate a profile card in HTML/CSS.  
o Haven’t fully studied the CSS yet, but planning to go back and reverse-engineer it.  
o Felt a little guilty at first, but now I realize that using tools to learn is part of the process.

**How I felt:**  
• Heavy at the start.  
• A bit overwhelmed when I didn’t understand those advanced math topics.  
• But I also felt proud for not quitting.  
• There’s still some guilt about not doing everything "on my own", but I’m learning to be okay with progress—not perfection.

**What I learned:**  
• It’s okay to get help.  
• It’s okay to not understand everything the first time.  
• Defensive security is really interesting, I like knowing how to protect systems.  
• I don't need to rush. I have time.

**What I’ll do next:**  
• Review the profile card CSS and try to rebuild parts of it on my own.  
• Go over the quadratic and linear equations again, focus on the parts I found confusing.  
• Practice a few TryHackMe exercises on Defensive Security to reinforce what I learned today.  
• Take a short break and reset my mind before tomorrow.

**Reflection:**  
• Even though I didn’t finish everything I planned, I made solid progress.  
• Using tools like AI isn’t cheating—it’s learning efficiently.  
• Small wins count, and consistency matters more than doing everything perfectly.  
• I’m building a foundation today that will make tomorrow easier.

**Mood for the day:**  
• Tired but accomplished.  
• A little overwhelmed at times, but hopeful and motivated.