

April 7, 2021

As always, I am struggling with my productivity. I am sure that this will come up over and over as I write in this journal but I just can't seem to focus. I think that the main problem is that I not spending enough time outside. I am lingering in one space too long and it is making the days listless and boring. Covid obviously doesn't help, but I don't think that is a good excuse not to live my best life. Right now I am focusing on getting up earlier, eating better, and staying more focused during the day. I think with just a little but composure I will be able to make these goals more consistent. I also need to remember to be active and present in the time that I take for myself. I don't like just letting time go by, knowing that I have not done enough work that day or that I I am just letting time go by. My life wasting away. I can do better. It is spring time. I am feeling very hopeful these days.

Intuitional food rating: 6.5/10, Not Bad