**<h5> I am going down hill, LIKE I NEED TO STOP! </h5>**

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Bit of a over dramatic title. <br>

I think that I am going down hill quite fast and that is something that I have been observing in myself noticing that I am picking up a lot more bad habits and I know they are bad and I do not understand why I still go back and do them. I need to cut it all back the two or three energy drinks a day. The amount I spend on lunch in work, there is a shit ton I can do to improve my life. I need to get a focus on improving my life style and try and be more active. I have started a routine that will suit my day and where ever I am. I am also looking to make a couple of notes a day in this note book that I have from a year ago where I wrote down a few pages of projects that I wanted to complete or start.

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