Hello myself, Today is a long day for me. Finally, after wasting 10CAD on a purple skin and wait 7 day trade ban to be over. I got the m4 skin that I like. At first, I was really excited. Seeing it like an m4 that I actually like. Evil Daimyo was temporary. Desolate space was cool but too much. Cyber Security is simple and elegant. I bought it at this time because I know it will definitely increase in price after the operation end. Why I discuss this even though I promise with my parents, my sister to not play games anymore. It is like a thing that I cannot separate even though I tried how much. They wanted me to do a cold turkey. I admit that I can’t. I cannot do full turkey and come out the other side becoming a better person. I cannot fullfill those dreams for them. What I can do is consume my hobbies responsively. A thing that I haven’t learned how to yet. That will be one step. Today, I played two games. Before I played, I felt like I am dead already. My life energy is gone. I cannot fill it even when I am talking to my dad. What draws me to Counter Strike. I guess it was the community. Mostly young men finding somewhere to play after a day at school. I always need to think about responsibility when playing games or enjoying other hobbies. It is great when you experience it. But if you drag it too long, the consequences will bite you in the ass, long term. That’s whatt happened to me, to others. That’s the last thing I will talk about it. I plan not to touch games tomorrow. I already played like 4 matches for this week. It is too much and not necessary to grind more. Let’s venture out to other stuff..

Let’s think about how to maximize study efficiency. The 3 pillars I can think right now it is the mood, hunger and clear goals. If you cannot have three of those things, you cannot have a great study sessions

The first thing, mood can change anytime. The best thing you can do to prevent mood swing is to do excercise before you study. Because your energy into emotions will be reduced and you will be more focus

Second thing is food. Enough proteins and glucose to sustain

Third, and the most important. A clear and concise plan to break and work. You know yourself the best. You should do that to your advantage and plan out accordingly