Yesterday was a hellish day. Since I tried a lot to be focused and productive at the same time . From that, I learnt that the things I need was to stay calm and do stuff, I guess. If I tried to much to stay focus, I will easily get distracted. And I realised that I forgot to apply the rules of working 40 minutes and 5 minutes break. I also tried to correct my posture yesterday. I did it for like 1 hour, So this is my plan today

**1/ 40 minute work and 5 minute break. 5 minute break include small exercises + checking steam acc for drops and that will be it for today**

**2/ The main work for me today is finishing lab2 in all entirety. So on Friday I can focus on finishing Assignment 2. And on Saturday Math. that’s my plan and Im gonna stick to it**