Dear diary,

Yesterday and today has been not a great day for me. Yesterday I had a tantrum because I seemed to not have a clear understanding about how to do the midterm math test. At first, I panicked and I tried to keep myself calm. But afterwards, I lost my composure and just filled my mind with negative thoughts. It was a very bad experience for me. There is a lot of stuff coming through. Like being unable to breathe properly, can’t do stuff without feeling angry 24/7. Being depressed is just a bad experience. I really do not want to experience it again. But getting through it gives me some thoughts. It’s very nice to become wild and express your own emotion without any barriers at all. And it makes me realize that my failures have their own problems. I have many personal problems. Being unable to focus on one thing at a time because there are too many distractions trying to take away my attention. Second, I do not have the ability to manage time properly so I always feel that I do not always have enough time to do everything I want even though I really do have. What I am gonna do today is design a work environment and schedule to make my work as efficient as possible