

Date	How was your day?	Weather	Night shift balanced	Day shift balanced	Achievement	Day Journal
3/17/2024	Good Vibes to Normal Regular day.	Heat	NA	NA	NA	Started off with early wake up like 7.45AM. Beautiful morning with fresh vibes and reminded me of my hometown Belgavi. Planned to do cutting and interview attend for Java, but did not stick with it. Raghu Kaka had come. Ajja is fine. Whole day and working and studying on Java Course. Had my cheat day, when I ate Maggi for dinner.Sleeping at 1.18AM.
3/18/2024	F*** Monday and another long day in the office.	NA	Little bit	Woke up like 2. 45PM after a nice good sleep	One Promoter	Started off with early wake up like 1.22PM. F** you Monday;very sad. Whole day and working and studying on Java Course and still not JavaJsp not working.Ate Garlic bread and papaya juice during night shift. Fresh throughout night shift. Able to get some good chat and solve customer queries by myself. I had longest chat of 3 hours based on upgrade and add line scenario. There was a benefit carnival from 18th-20th March in our company.Not seem so interseted for me, but still checked it out. Am I planning for dinner before 8.00PM due to night shift which will help me in diet?
3/19/2024	Perfect day to Ridiculous day	NA	No	Little Bit	F**	Started off with early wake up like 4.19PM. F** you Tuesday;very sad. But started my workout very early like before 5PM and everything went good. Little later cab came very late and I also went late.So fed up with these cab drivers.Failed to test JSP file again. Too much consumption and not following on diet throughout night shift. There was a benefit carnival from 18th-20th March in our company. Am I planning for dinner before 8.00PM due to night shift which will help me in diet? And the answer is yes, I had no dinner from 8 to 12 PM. So helped me a lot. But due to health issues or catching a little cold not able to perfrom better in chats regularly.
3/20/2024	Boring and Ridiculous day and also a high frustration took outside the park	NA	A very cold night when went for roaming	Morning is only good	F** and yes only sitting and seeing other chats as I was told SideBench.	No workout! As I am suffering minor cold. Frustrated with these 24.7 ai people and not giving me the credit where credit are. No chat taken. Frustrated with Clifford and Girish as they are not giving me any process update. Ate Rava Idli in afternoon. Diet under control, as there is a little bit consumption. Very frustarted night shift and tantrum thrown all out during break time which is inside the park, but outsode the park. Is there a change in process? Thinking of a taking a leave break!
3/21/2024	Sickbench to Parial Leave to 'I Quit Company'	NA	No	No	Patial Leave and sucesfully planned leave for tommorow	No workout, as I am suffering liitle cold. Took a Sick leave and partial leave. Roamesd around park and waited till 5 to catch a metro and bus. Very cold night and also mosquito bites. Still on sidebench and cannot take chats. Asked for a process change, but after meeting HR and Clifford said that cannot be done as I am not tenured. I was sad but it's ok as I am going through flow with everyone. It was announced that transistion period is still April of 1st week. Oh God!. Clifford told me that you need to sit with tenure people and learn on how they take chats. I said 'Uh! what a bullshit jerk. But it's ok'. Taking tommorow Sick leave. Still have to find way out to get track back.
3/22/2024	A Sick Leave at the right time, but not able to sleep at night.	Not gone outside	No sleep at all whole night	NA	Sick Leave	No office as taken a sick leave. Not able to sleep still. So not cool! Thinking of attending walk in interview for HR position at Talchemist, Varthur. Ate nice full meal with rice in home only. Feeling little better as have done self-care. Little argument between me and mother. But uh! Whole day coding on JSP and finally didn't solve error, but able to manage to get uphold of URL correction and getting output properly. Tommorrow's Interview or Outside planning!? Got call Chiranth and said he suggested to plan for Ooty. I said, not now atleast.

3/23/2024	A Weekend and a gaming day with weird routine.	Not gone outside	Late night sleep	Weekend - Saturday	Weekend Bro!	Whole day playing computer game and not even gone outside. Played GTA Vice city and scored in one of the missions - '100+ deals done'. Finished bath and went to get the breakfast - 10+Idli and 1 Vada. No interview, because I forgot to save the post in Naukri. Janu Akka's family had come to our house. Last night, didn't sleep at all and was eyes open full mid morning like before 7AM. Slept full afternoon. How am I feeling? Feeling little better. What is next me for tomorrow and will I do Jogging?
3/24/2024	Return to Jog after cold. A Fresher beginning and a perfect Sunday.	Normal	Weekend weekoff	Perfect	A Wanted Sunday	Woke up at 6.45AM. Since I came back after jog, wanted to test the body a little bit. So, exceeded jog to 5 times from 3 times. Drank Coconut water and Ganji after jog. Felt little weird though, but I guess it's a mutual feeling. Did also meditation for 3 minutes. Had a nice call with Chiranth throughout the day. Hopefully to get back into chats from tomorrow again. Today it was festival like Hunimae. Brought some Holiye which costed 80/- from DVG road at Holiye mane. Pooja performed by father and was done. Planned for a movie - Kung Fu Panda at Forum Mall, Konankunte Cross Metro at 4.10PM for 500/- per seat. No plan to visit ISKON or IKEA. Called Chiranth also for movie. He came and bought sat together and watched the movie. After movie, went on our separate ways to our home and saying bye to each other. Lovely guy! So far. Before reaching home, got Chocolate Kulfi for 50/- near South end circle metro. Before movie and whole day was playing GTA Vice city game and as I was going to finish the mission, I failed few of them were good. Managed my time and also balanced my routine including my workout. Wanted to eat Idli after work, but stopped myself from craving. Got little bit scolded
3/25/2024	From a long sleep to F** Monday	Normal	Little bit	Had a little sleep	Survived	Woke up at 6.05AM. Did workout and did some coding. Udemy course working properly than I thought. Chats went good. In fact, survived! Following of not having dinner after 8PM. This is all I remember. Sorry!
3/26/2024	Frustration Brutal and Outburst Tuesday	Normal	No	Full longest sleep	One Promoter	Had a longest sleep which was refreshing. We had a full meal in cafeteria. First time, I had rice in night and ate Chikki to finish of the craving in the morning. Upset on lot of people. Selva and I had argument. The first chat was brutal, but survived.
3/27/2024	Perfect Time Manager to Chat Outburst	Not gone outside	Whole day Chat taking	It was good until cab and chat trouble.	One Detractor	Even though, I was energized after night shift and wanted to do workout. But slept full afternoon and woke up fresh in evening. Had a good Tea as I got to be aware that I am on the road to recovery from minor cold. But schedule was hectic and still had a great mindset to complete it. I saw in Naukri that, there is a Walk in interview for .Net Core Developer position. Thinking of it and started to plan for it. But focused on the current job and sat whole day to work with chats i.e like whole night shift and then finally took break for few minutes like at 6AM. In that break, I ate Garlic bread to get rid of morning craving after an horrible chats that I faced. At the starting of the shift, my TL told me to sidebatch. And then after a few minutes he told me take dual/single chats. Had a nice morning walk during that break. The time was managed properly and got appreciation from my parents to my shock. I felt like I was improving. Still these chats are tough to handle because of that annoying US customers. But did multiple times and system hanged. So, I have to restart again because I forgot to save it. Now sleeping at 11/58PM. No questions so far! Everything went better than I thought. By my driver and my 'Not so happy with time' friend Chiranth. I told them that I had accidentally logged in again after TL had told me to logout. But managed the chat by sending it to supervisor as it was also one chat. Still the cab was about to leave, but I managed to catch it. The great thing about was I was active whole day.

3/28/2024	From a Freakout day to End of the Journey at [24]7.ai	A very cold day and a fresh new start for me.	Unbalanced Mentality, but sustained.	A New journey and a unfinished story	Bench Payroll	Did Workout in the morning only, so to avoid unecesarry time consumption. Went better than I thought. Little not of a body balance during pushups, but managed it. Did'nt sleep whole afternoon and after that bathed followed by 3 dosa in breakfast. After waking up in the evening, cab was scheduled at 8PM. Informed this to my TL in whatapp, but did'nt care and just boarded the cab. Reaching office, they told me to go to meeting room and told me they were relieving people from company as 'Reramp' with some policies were followed. I did'nt understood, but I was relieved. Little bit frustarted as I was going to leave soon. and wanted to completed transtion period. Had no clue how to react, but overcame it and wished everyone the best and boarded the scheduled cab at 2AM. So, the night shift did'nt go as planned, but learnt a lot from the company. Came home and slept nicely. What's next for Mano?
3/29/2024	Fresh mind with new destiny	Normal	Woke up in midnight	Good workout and slept full afternoon.	A Well deserved rest and got one interview booked near HSR Layout.	My day started off from finding a new destination after getting relieved fom my company. Everyday thinking whether doing all these for nothing. But still moving on. Had a nice workout though. Nice bath and ate Idli to full my stomach. Need to stop M though. Sometimes, I feel that I am insecured about my own body. Still, not letting these things make me down. After finishing everything, did'nt no what to do and was getting bored. But when laptop is here, it's all fun for a period of time. Even though, I was getting sleepy, tried to control it. Because, so that I can have a good sleep full night. As I was able to control it for short period of time, I lost it after a few minutes. Slept full afternoon and woke up at midnight like 2PM. Had some Chumari and Idli toppings for snacks. Got a interview booked for tommorow at HSR Layout. Will I able to crack the interview there?
3/30/2024	Job Hunter and Improvement Accuracy Seeker	Good Vibes and Simple day	Fully Sleephead or tired	Normal and Good vibes at Interview location	Salary credited for March month 2024 by [24]7.ai	No workout as today is cheat day lv12 that not only includes diet, but also workout. Had a sleep breakout. That means, slept twice in midnight. Started my day off with the intention of cracking interview at Agara Lake. Had gone there before. After reaching there, went to the 2nd floor. Lot of people had come there for the interview. Gave a Aptitude test(Offline) and result showed that I was not able to crack it. So, preparation and fundamental building started from now on. It was also advised by my parents. My parents had gone to Grahapravesha of one of their friends, but Ajja was in home. While coming, had a nice Idli at Udupi Grand in Basvangudi. Tough day! but fresh destiny. Very tired, but cannot sleep off because preserving in night. Had a little argument about this as she wanted to me to have dinner and then sleep. Followed the diet by not eating rice. Slept very early and woke up like 3AM next day.
3/31/2024	A very hard day and leg sprain	Good vibes, but a leg pain.	Still getting over night shift and managed day.	Leg Pain	NA	I won't tell so much, but I will say that I am falling down slowly to the depths of hell. Started of my morning with jogging of 5 rounds. Suffered a leg pain in between, but completed it and finshed my full workout. After that whole day was filled with randomness. Ate some nice Missile Bread as a part of a cheat day. Apart from that suffered from leg pain. Will this my end of the workout?