

# 11. Self-Care is Key...

The hardest major key for me will be self-care. I have a habit of diving into things and shutting everything out. I tend to forget to eat or skip lunches and work through breaks when I really want to get something done or when I'm completely enthralled in a project. I can be a bit of a night owl and I prefer to work at night rather than in the morning. I have recently installed an app I hope can help remind me to go to sleep at a decent time to ensure I get enough hours of sleep, as well as track my sleep habits to ensure I'm getting quality sleep. I'm also using an app called Focus to help me remember to take breaks while studying/working.