

Ana Breville

Thinks

- I should know how to do this by now.
- I need a more efficient and organized way to live and think.
- I am a poser.

Feels

- Overwhelmed by juggling many responsibilities alone.
- Anxious about making mistakes that cost time or money.
- Relieved and proud when she figures out a new routine that works.

Says

- “I’ll get to it once things calm down at work.”
- “I’m an adult on paper, but I still feel like I’m 2 kids in a tall trench coat.”
- “I feel like I’m always behind on something.”

Does

- Uses notes apps and reminders to track responsibilities.
- Searches online for checklists or guides through trial and error.
- Avoids mentally draining decisions after long workdays.