

## Adulting

1.29.26 - 15:39 From Cafe and Crib



Gandalf has got so much aura lol

One thing in Europe that is so much weaker than in the US is the theaters. They do not show bangers over here at all. Seen so much about how *The Lord of The Rings* trilogy is having like a month long re showing or whatever the term is in US theaters and I'm jealous af, I would love to watch those movies again in theater. Rewatching on my computer is not #hittingthesame but anyways that's why the Gandalf tribute up top today. Another European weakness is the ticketing / speeding system. I was going like 3km/hr over the speed limit on the highway and I got flashed. Not in a positive way like a pair of titties but by the red light speeding measurers that go off when you're going too fast and get a ticket in the mail a week later. First of all it's the highway nobody goes the actual speed limit and second off I was only 3 km over bro but nah now I have to pay at least 50 euro to the country of Luxembourg. I guess you don't become one of the most wealthy countries in the world without stealing from the needy on highways for BARELY exceeding the speed limit. Corrupt bastards.

Speaking of tickets and expenses, my student loan from Babson forbearance (learned what this word meant yesterday, means I now have to pay it) just ended. Unfortunately now I am in the thick of it and paying both of my student loans. Currently wishing I was a nepo baby with a trust fund. Kind of low-feel of me to say that when I grew up in a financially stable middle-class family and my parents still pay for shit like my contacts I will admit for sure. Still, now that both my loans from Brown and Babson are in repayment period it made me realize I'm

really into the thick of this adulting stuff rn. I had to sit down yesterday afternoon and last night and do some serious budgeting and financial planning for the future. I'm quickly learning about how interest just absolutely blows and is fucking me over bad. Also I am beginning to line up a job for this summer in order to keep the cash flow coming in and make enough to cover loans and invest / save. Not saying any of this to complain but just have been noticing all these things recently and I am no longer solving lil boy problems these are the problems a full blown MAN deals with. Hence the title #adulting.

Speaking of adulting and building healthy habits, I have undergone the brave and difficult mission of officially fixing my sleep schedule. Since I have owned an iPhone, I don't think I have had good sleep health which is crazy cause its literally been over a decade #appleambassador. But I was doing some reading the other day on how important the health of your nervous system is, as when your nervous system is unhealthy your body is tighter (muscles, temper) and cortisol levels are higher meaning I'm more on edge. Sure enough, sleep and getting enough sleep but more importantly **HEALTHY** sleep is the biggest factor in nervous system health so my goal is to develop healthy sleep habits before I go home. I've been waking up everyday at 8:30 am as according to chat GPT the wake up time is the important part in this practice and is non-negotiable. Anyway another thing I'm working on that made me think of adulting cause my parents always were in bed by like 10 pm and I was like what but now thats me as I am up so early and I actually enjoy it a lot more than being up late/waking up late.

Kinda a random yap today but that's how it goes sometimes. Per yesterdays post my Tattoo appointment is booked and locked in so stay tuned type stuff.

**Presence + Smallness + Appreciation + Compassion**