

## Reflecting On My Week

1.18.26 - 19:11 @ Konrad Cafe



### Shoutout Calvin & Hobbs fr

Every sunday when I journal, I go through bit of a reflection on the week i just had, let go of things I don't want to carry into the new week, and try and set a tone/energy for the upcoming week that I think will lead to a week well lived. As I commit to being consistent with my posting on this site, I think I'll do something similar on here and reflect/summarize the weeks events, thoughts and vibez. I missed yesterday because I had a game so it completely slipped my mind but I'm giving myself #grace no abrams. Speaking of Gracie Abrams I have been on a Gracie Abrams and Beabadoobee tear recently and they r both elite #versatility.

Since I got back from my Xmas break, I feel like I've been/was in a bit of a funk and out of rhythm both on and off the court. I have resolved and kinda gone thru the feelings/struggles of being abroad and alone and feel like I'm now in a much better place there, but the feeling of being "off" on the basketball court has remained and I have played pretty shit since coming back. It's one of those the ball just feels weird in my hands and my body seems to just be a bit scrambled and out of sync when I step on the court. This is super frustrating, and I think one of the main reasons it is so frustrating is that I do basically everything I need to do to ensure success on the basketball court. I get the proper nutrition (eating healthily), proper recovery (good sleep, stretching), and get my extra work outside of practice /games. The reality is, sometimes you can do everything "right" and the reality is that life still won't go as I desire or to plan. Like I said, super frustrating, but that's just how shit goes sometime and all I can do is do what I can do to try to put my best self forward everyday, whatever happens beyond that is out of my control no matter how "perfect" my routine and preparation is. In the past, like in college, when I had these feelings on the court of just being off, I would strain harder: training more, hyper fixating on details in my movements/jumpshot, and go to great extremes to be healthy so I could perform

well. Unfortunately, much like a chinese finger trap, straining harder and trying to “force” my way out of this out of sync feeling only throws me deeper into the depths of it. So, in my reflection I came to the conclusion I just have to accept it for what it is and understand there are weeks I’m gonna feel like a million bucks playing basketball and theres gonna be some weeks for I can’t hit the side of a barn. That’s just life in general.

I write this because I think it is important to remember this when I’m going through it. Often when things are going well, I’ll acknowledge that life can get hard and be shit sometimes and all I can do is control the controllables. It’s easy to do this when things are going well, so like I said I wanted to remind myself of this while I’m actually in a bit of a valley instead of a peak. Conflict is a mirror, and when shit hits fan (dramatic phrase for just playing bad hoops for a couple weeks) I want to lean more into this and understand that this is where I can actually take a stand and be the person I want to and strive to be. Kind like what I wrote in my last post but it’s easy to do shit when shit is good, easy, or I actually want to do it. It’s when I’m hooping like Denzel Valentine off a blinker that keeping this mindset gets hard (OH MY GOODNESS VALENTINE! OOOHHH TERRY TWOO BEAUTIESSSS). Shoutout Eric Collins fr lol #chickensalad.

How often will you remember something and physically cringe? Happened to me today as I was on a walk and I like had a physical tick because a memory of me being cringe came up and the guy who was walking by me looked at me like I was insane lol.

*23:39 back at my apartment*

Ight I had to stop and dip to catch my bus earlier so I’m finishing this watching the pats game from my apartment. This game is so fucking sloppy its insane lmao just bad hoops. Side note, I was amped to listen to the A\$AP Rocky album this past week and write something about it for the site, but I honestly found it so dogshit I don’t even want to. The fall off has been crazy his first three projects were so #peak. I kinda lost my train of thought from earlier and want to lock in on this game but here is to more consistency this coming week and enjoying life. LOVE.