Third 1: End of December, January, February, March, April

This is my attempt at tracking some of the things I want out of life and my best guesses at how I can accomplish them. This is kind of a journal so don’t delete stuff from it, but you can add to it and respond to the older stuff. Just remember to include the current date on your entry. I want to start this one on the day after my last day of or final exam for Fall Semester 2019. If feel like it, I’ll reassess and make another one of these in April.

**Go to therapy**

I kinda want to start loving myself better, so maybe therapy will at least help me understand myself better and help me to love myself more.

How

**Experience an altered state**

Things like meditation and psychedelics (psilocybin, DMT) might also help me to understand myself better so I want to try them out too.

How

**Keep some journals**

What

How

**Learn an instrument**

Guitar seems like it would be fun to learn

How

**Try out a hobby**

Snowboarding would be fun. If there’s another hobby that peaks my interest, I want to try that out too.

How

**Learn some cooking**

Start making food that’s good for me, somewhat inexpensive, time efficient, and tasty.

How

**Make and eat healthier food**

I want to eat less fast food, which means I'll need to cook most meals at home. To cook healthy meals at home, I'll need to set aside some time for cooking those meals each day and for shopping each week. My goal of learning some cooking goes along with this.

How

**Improve my physical fitness**

What

How

**Make a weekly financial budget and follow it**

What

How

**Make a weekly time budget and follow it**

What

How

**Design my app**

What

How

**Build version 1 of my app**

What

How

**Prepare to launch my app**

What

How