Notes after meditation:

I should probably be allowing my body to get more rest. Especially towards the beginning of the quarter when I can.

I keep worrying that I won’t be able to keep up my healthy habits and my positive mindset when the quarter picks up and gets more stressful, but I’m really hoping that I will be able to and that it won’t be a matter of willpower, but because it’s the only option for me to maintain the level I’m getting myself at.

I am definitely becoming much healthier in every way I can think of. I’m trying to get enough sleep, I don’t look at screens before bed, I don’t over eat hardly at all anymore, I drink tea instead of coffee, I am much better at making sure I get some sort of workout or movement every day, I meditate almost every day, and I’m focusing on a lot more self love than I think I’ve ever focused on before.

I’m really looking forward to taking the self love workshop, I think it will be great for me to learn more about myself and to start loving more about myself.

So far though, this quarter doesn’t seem really bad at all. The least enjoyable class is BUS 310, and even then my group seems awesome and I’ve only met them once now. I really do enjoy my education so much, I’ve got the metaphorical and actual graduation goggles on right now - but I think it’s really great.