Kenneth Flowers

MODULE 3 Paragraph

The hardest challenge for me will be taking care of myself while making it through this bootcamp. I struggle with eating right now while balancing hobbies and my occupation. I often find myself getting close to no sleep. I have been working on my time management skills a little better lately. I have kept video gaming to weekends only, work morning shifts and deny being called in for doubles or night shifts. All around, my time for sleep has increased but I still need to work on eating when I should be eating. Self-care is very important to success. Prior to these readings I had a firm idea of how important it is.