8-21

Physical condition is bad since Jun, ways to combat

1. Sleep more
2. Deal with better people. Quick to ditch anyone who is causing negative utility. Never hesitate
3. Quick leave place that are causing negative utility. There are too many places causing negative utility.
4. Same with stock positions.
5. Trust ur instincts. If something feels wrong, it is wrong. Life is too short to deal with those.

Jun:

1. Don’t be monopolized.
2. Make sure there is no rumination
3. Do things directly, don’t do too much talking.

Ptf:

Structure your ptf to take on min pos this week.

One week resting was done last week.

Slowly put on some pos.