14th Feb, 2019

I have been fearful and panic. Also, I have been living in the future, thereby always anxious. I have not been able to enjoy the current moment. Time goes by and yet I feel like I did not live that moment.

I am in circumstances which I don’t particularly like. I feel immense anger and frustration. The remorse and frustration fuels anger and self-harm.

1. I think I need to learn how to accept the reality. Accept without judgment. This is the starting point. Here we are. That is the hard part. I need to practice that.
2. Stay in the present moment. I should consciously spend time on mindfulness. Be aware of what is.
3. When I have unpleasant experiences I get frustrated. I feel remorse and guilt. I feel like we promised something and could not deliver, that makes me feel terrible. So, let us offer what we have. Avoid those situations.
   1. Let us offer what we can.
4. Nothing is permanent. Remember this.
5. We are all ultimately dead. We are living on borrowed time which is limited. Make the best of it.

Let me enjoy the remaining 4 hours of the day.

18th Feb, 2019.

Another anxious day. Not very anxious but still. I am not able to go to the gym, and that haunts me later in the day. But when I have to go to the gym, at that point it seems to be unhelpful.

So let me think and decide now. Post the fact, it would have been good to go to the gym. Also, meditation I can do in the office. Now I can’t do this.

I get some very depressive thoughts. That I let someone down. That when I meet people they will look down upon me.

Here is the reality – I could not have done anything more. We were hit by bad luck. Hired bad people, and the risks went against us. Under the circumstances, we did not perform as well as we wanted.

All we can do is take corrective action.

By the way, even writing this journal is painful.

So repeat: All we can do is take corrective action. We can’t change the past. Even if I did hurt someone, I did not do it deliberately. The circumstances did not favor us. Also, if I did something wrong, I am taking responsibility. Not by beating myself up, but by doing better going forward.

Also, if we were not able to perform, it was because there was some weakness in the model. Let us overcome that weakness through a pivot, which is what we have done.

Even as I write this, I am getting distracted. I feel like opening the browser and checking news. Why is that?

It is a kind of addiction. I need to break it. One way to break addiction is to bring massive drive, which comes from working out early in the morning. Let me do that.

From tomorrow, I will get up and go work out. In fact, I should do it today evening.

Also, keep count like tokens. Decide that I will do a web check-in only 6 times a day. If I check once, reduce the count. Between now and evening 8 pm, let me do the following:

1. Except email, check whatsapp 4 times, every two hours.
2. No checking of news till 10 pm.
3. No checking of Quora till 9pm.

The other thing is that my head is often heavy and I feel like taking rest to get rid of that feeling. If I do meditation etc., it will get better but not at the cost of the workout schedule.

The priority is:

1. Workout
2. Meditation

**Gratitude journal**

1. Actually I have all that is needed. I can get a job anytime.
2. I am healthy and have no ailments
3. Very supportive family

Now I will meditate for 5 minutes.

18th Feb, 2019. 5 pm.

I feel a cloud of depression descending on me whenever I hear that we have hit some bottleneck.

Different thoughts and how to counter them.

1. We are not getting enough signups.
   1. We will keep trying and if our programs are absolutely kickass, students will come and join.
   2. We will use online marketing to spread the word.