

March 1, 2025

Woke up to the soft chime of my iPhone alarm—6:30 AM as usual. The first sip of my Nespresso felt divine, as it always does. Outside, New York was already buzzing, yellow cabs zipping by. I took a brisk walk through Central Park, earbuds in, listening to The Beatles' *Here Comes the Sun*. Work was a blur of emails and meetings. Lisa from marketing cracked a joke that had the whole team laughing. After work, I grabbed sushi with Jake at Nobu—his treat! Ended the night binge-watching *Breaking Bad* (finally getting around to it). Sleep came easily.

March 2, 2025

Missed my alarm, so I was already in a rush. No time for breakfast. The subway was packed, and some guy was playing *Wonderwall* on a guitar—pretty decent, actually. Work was hectic. Client deadlines creeping up, and my boss, Mr. Richmond, seemed extra tense. Grabbed a quick Chipotle bowl for lunch, which was a mistake—too spicy. After work, met up with Sarah. We walked through Brooklyn, stopping at a tiny bookstore where I found a first edition of *Catcher in the Rye*. A little overpriced, but I couldn't resist.

March 3, 2025

Rainy morning. The kind where you just want to stay in bed and listen to old Coldplay songs. Had my usual oat milk latte at the corner café, then worked remotely from home. Productivity was low; kept staring out the window at the wet streets. Called Mom in the evening—she reminded me it's been months since I visited. She also casually asked if I was seeing someone (she never stops). Ordered Thai food and spent the night reading *The Midnight Library* by Matt Haig. A slow, cozy day.

March 4, 2025

Determined to get back on track, I hit the gym early. 5K run, followed by weights—feeling good. Work was bearable. Had a one-on-one with Richmond, who actually complimented my latest project. Victory! Caught up with Jamie over dinner at an Italian place in SoHo. He's planning a trip to Iceland and wants me to join. Tempting, but I need to check my leave balance first. Watched an episode of *Friends* before bed (always a classic).

March 5, 2025

Fridays have their own energy. Even the office felt lighter. Knocked out my tasks early, so I treated myself to a Shake Shack burger. Caught up on some new music—Olivia Rodrigo's latest album is surprisingly good. After work, met up with the gang at a rooftop bar in Chelsea. A couple of Moscow Mules later, we were reminiscing about our college days. Got home past midnight, feet sore but heart full.

March 6, 2025

Slept in. Finally! Spent the morning cleaning up my apartment, blasting The Weeknd in the background. Grocery run to Trader Joe's, where I impulse-bought way too many snacks. Afternoon was all about reading and playing some FIFA on my PS5. In the evening, went on a spontaneous drive with Jake. We ended up at Coney Island, eating hot dogs and watching the waves. The best nights are unplanned.

March 7, 2025

Woke up feeling sluggish. Sundays always make me a little melancholic. Took myself out for brunch at my favorite spot—blueberry pancakes and black coffee. Spent the afternoon doing some writing, journaling about the past week. Had a long FaceTime call with my sister; she's thinking about moving to LA. Ended the night with a long bath and a Colleen Hoover novel.

March 8, 2025

Back to the grind. The office printer jammed again (seriously, why do these things always break on Mondays?). Meetings back-to-back, barely time for lunch. On the bright side, finally got a compliment from Richmond on my latest report. After work, tried a new yoga class. Not bad, but my flexibility is embarrassing. Treated myself to sushi again—some habits never die.



March 9, 2025

Spilled coffee on my white shirt first thing in the morning. Classic. Had to rush back to change, making me late for work. Thankfully, my team covered for me. Lunch was a sad desk salad. On the way home, I saw a street performer near Times Square doing the most incredible saxophone solo. Stopped and listened for 10 minutes—small joys in the chaos.

March 10, 2025

Ran into an old college friend, Mia, on the subway. We hadn't talked in years, but the conversation flowed like no time had passed. Decided to grab dinner together. She's doing amazing—working for a startup in SF. Makes me wonder if I should consider a career switch too. Food for thought.

March 11, 2025

Woke up to a crisp morning. Decided to switch things up and take a different route to work—passed by a cute little café I'd never noticed before. Grabbed a cappuccino, and it was one of the best I've had. Work was productive, even managed to clear my inbox (a rare feat). In the evening, experimented with a new pasta recipe. Turned out great!

March 12, 2025

Morning run felt extra refreshing today. There's something about spring air that makes everything seem a little lighter. Work was uneventful, though Richmond seemed unusually grumpy. After work, met up with Sarah for dinner at a Korean BBQ place. We talked about life, careers, and whether we'd ever move out of the city. Came home and read a few chapters of *Project Hail Mary*—it's getting really good.

March 13, 2025

Friday at last! The team had a small celebration for Lisa's birthday, which meant cupcakes in the breakroom. Had a surprisingly deep conversation with a coworker about imposter syndrome—it's comforting to know we all feel it sometimes. After work, met up with Jake and Jamie for a movie night. We rewatched *Inception*, and somehow, it still messes with my mind.

March 14, 2025

A lazy Saturday. Slept in, made pancakes, and spent the afternoon reorganizing my bookshelf. Found an old journal from college—nostalgia hit hard. In the evening, joined a few friends for drinks at a speakeasy. The bartender made a killer whiskey sour. Ended the night with some late-night ramen.

March 15, 2025

A peaceful Sunday. Took a long walk along the Hudson, enjoying the sunset. Called my parents and caught up on family news. Cooked a simple dinner—grilled salmon and veggies. Watched an old Hitchcock movie before heading to bed early.

March 16, 2025

Back to the grind. Work was overwhelming today—so many deadlines. Managed to squeeze in a short meditation break, which helped. After work, hit the gym and did some strength training. Felt exhausted but accomplished. Treated myself to ice cream after dinner.



March 17, 2025

St. Patrick's Day! Wore a green shirt to work just for fun. The office was buzzing with plans for after-work drinks. Ended up at an Irish pub with the team—Guinness and live music made for a great night. Got home late, slightly tipsy, but in good spirits.

March 18, 2025

A slow start after last night's festivities. Coffee was my savior. Spent most of the day working through project updates. Lunch was a quick sandwich at my desk. In the evening, caught up on some journaling. It's nice to put thoughts to paper.

March 19, 2025

Rainy and cold. Stayed indoors all day. Work was steady, nothing exciting. Started planning a weekend getaway—maybe somewhere warm. Made a big pot of chili for dinner, which will last me a few days. Watched a documentary before bed.

March 20, 2025

The first official day of spring! The weather was still gloomy, but knowing warmer days are ahead put me in a good mood. Work was manageable, though I spent too much time in meetings. After work, met up with Mia for coffee. She's considering a big career move, and we talked through her options.

March 21, 2025

Saturday again. Decided to finally check out the new bookstore downtown. Got lost browsing for hours and left with three books I didn't plan on buying. Spent the rest of the day reading and relaxing.

March 22, 2025

Brunch with Sarah and Jake. We tried a new place in the West Village—amazing avocado toast. The rest of the day was quiet. Did some laundry, prepped meals for the week, and watched a few episodes of *The Office*.

March 23, 2025

Busy Monday. Meetings, emails, more meetings. Barely had time to breathe. Finally wrapped up a major report, though, so at least there's that. Treated myself to sushi for dinner.

March 24, 2025

A productive day. Work flowed smoothly, and I even had time for a long lunch break. Started brainstorming ideas for a side project—maybe something creative. Ended the day with a long phone call with my sister.



March 25, 2025

Hump day. Midweek fatigue hit hard. Powered through with extra coffee. After work, went for a run along the river. The fresh air helped clear my mind. Cooked dinner at home—chicken stir-fry turned out great.

March 26, 2025

The weather finally feels like spring! Windows open, fresh air coming in. Work was decent, nothing too stressful. Spent the evening catching up on podcasts. Trying to learn something new every day.

March 27, 2025

Long workday, but got a lot done. Richmond actually smiled today—rare sighting. After work, met up with friends for a trivia night. Our team didn't win, but we had fun. Ordered late-night tacos on the way home.

March 28, 2025

Saturday morning yoga, followed by brunch. The city felt extra lively today. Took a long walk through Central Park. Ended up watching a street performance for almost an hour. Love these little surprises.

March 29, 2025

Sunday reset day. Cleaned, organized, planned the week ahead. Did some meal prep and caught up on reading. Felt good to slow down.

March 30, 2025

Final entry for the month. Reflecting on how quickly time passes. This month had its ups and downs, but overall, feeling grateful. Excited to see what April brings.