



My 2023 Recap

A brief snapshot of the past year

Top Strengths

This year brought a lot of change: leaving my job at Deloitte, co-founding a startup (and then making the tough decision to leave), joining a full year MBA at Haas, and moving the country!

- **Actively iterating**

Developed several hypotheses for what I needed (in my career or personal life), and actively sought those opportunities

- **Challenging myself physically**

Got into climbing, kayaking, hiking, and starting biking to school

- **Building community**

Invested in my core group of people, worked on better communication, and identified new ways of bringing people in

- **Expressing my emotions**

Started playing some chords on the piano and singing; gave myself more time to accept and digest my emotions

Top Struggles

Accepting my limits

I am often determined to do it all, even if it means talking to investors in the car while moving cross-country.

Leaving my startup and realizing that I couldn't do everything at once was one of my biggest lessons.

Accepting change

I didn't realize how destabilizing it would feel to leave Atlanta (my hometown) and move to Berkeley.

The last few months have given me an opportunity to better accept change and appreciate the roots that one places.

Regaining confidence

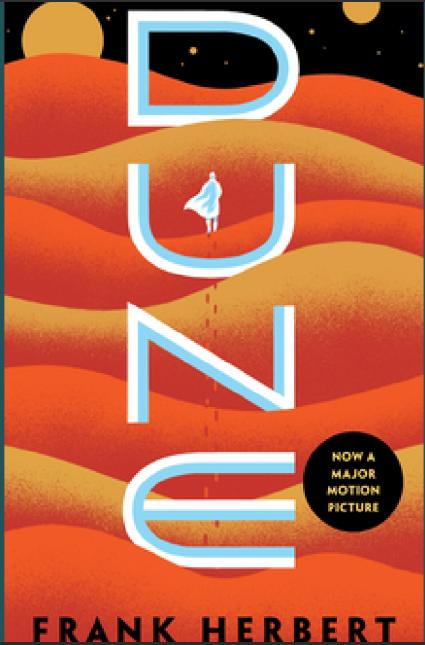
Trying to shift careers while being surrounded by accomplished Haas classmates has been such a challenge.

Spending three weeks at Kanha Shanti Vanam (meditation center in India) helped me re-center and re-energize.

“Lokah Samastah
Sukhino Bhavantu”

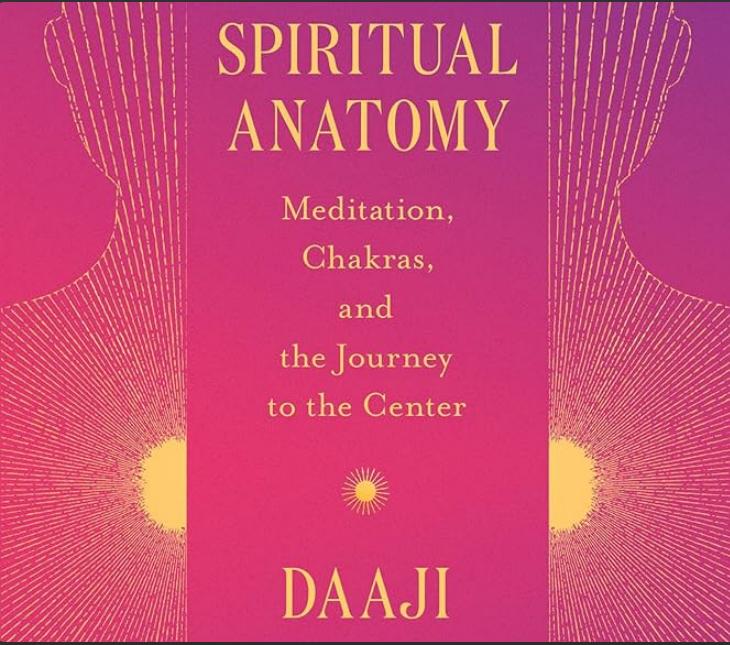
MAY ALL BEINGS, EVERYWHERE,
BE HAPPY AND FREE.

Favorite Books



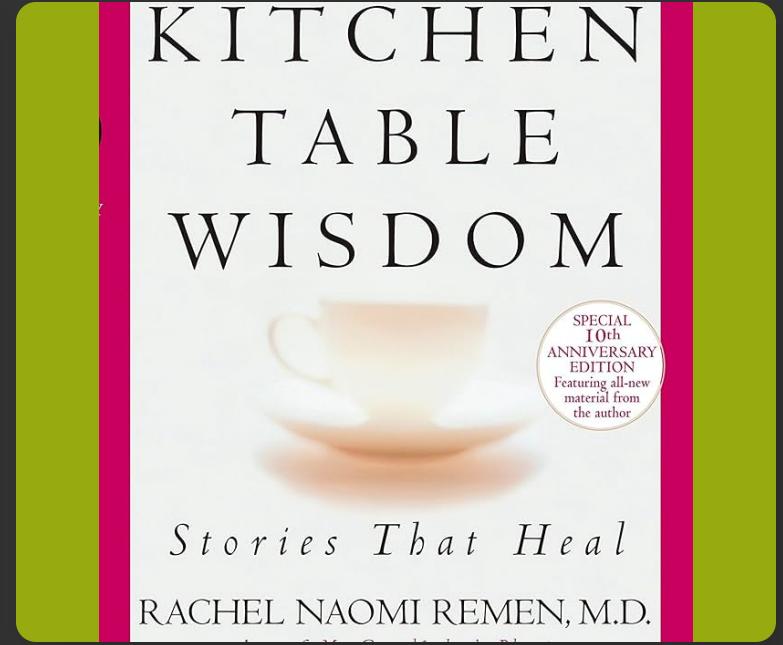
Dune

Love the world building and imagination of Frank Herbert's Dune. Read the first three books in the series and remembered why I used to love fiction as a kid!



Spiritual Anatomy

A beautiful deep-dive into the world of meditation and chakras. I found myself learning even more about experiences I've had and seen others go through.



Kitchen Table Wisdom

Short stories from a doctor, counselor, and patient of chronic illness. Beautifully written and incredibly moving.

Favorite Content



Happier Than Ever (album)

Billie Eilish



Stand-Up Comedians

Gianmarco Soresi

Taylor Tomlinson

Leslie Liao



Armchair Expert

Armchair Anonymous