

# ```DAY 4: THE DAY OF SEPTEMBER 02, 2020```

## **\*\*List of Todos & Learnings\*\***

[x] Streaks  
[x] Routines

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Today's stream was very insightful. Also did a lot of school stuff again. Overall a good day!

## **\*\*Feelings\*\***

Feel great, still a bit tension and unable to sit still. Have to add some more meditation sessions during the breaks.

## **\*\*Gratitude & Acceptance\*\***

- Grateful for today's stream. Charlie was awesome to listen to.
- Grateful for the group I got for my course. Seem like great girls.
- I accept the tension in my body and try to easily let it form to calmness.

## **\*\*Streaks\*\***

meditation: 7  
nopmo: 10  
working-out: 4

## **\*\*Routines\*\***

SLEEP SCHEDULE : 6:00 OUT - 21:30 IN

INTERMITTEND FASTING: BETWEEN 19:00 and 11:00