

```DAY 2: THE DAY OF AUGUST 31, 2020```

****List of Todos & Learnings****

☐ Finish schoolwork until Wednesday

☒ Streaks

☒ Get out of bed at 6pm

Almost finished schoolwork but apparently there was more work I didn't know about. So I guess things always tend to be more work.

****Feelings****

Feels good that I have done so much today. Still kind of bummed that I didn't finish all of it but I can do some tomorrow morning. I feel still a bit anxious and not being able to sit still. Trying to keep working on that.

****Gratitude & Acceptance****

- Grateful for so many free books being online and not having to buy them for school.
- Grateful for people taking initiative when needed.
- Accept that I didn't finish everything today. Still had a good day. See ya tomorrow.

****Streaks****

meditation: 5

nopmo: 8

working-out: 2