

```DAY 7: THE DAY OF SEPTEMBER 05, 2020```

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

- [x] Streaks
- [] Routines
- [x] Meditate for at least an hour
- [x] Read and summarize 2 papers

Don't manage to do my sleep schedule because it is the weekend and I still want to meditate (snoring 22:00). I also didn't do all my school tasks but still did a lot. In the weekend I will do some stuff too but also take sometime for myself. But ofcourse I'll keep you posted.

I also came up with the idea to share this accountability journal of me on YouTube. But I was very nervous filming it and almost gave up...

****Feelings****

****Gratitude & Acceptance****

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****Streaks****

meditation: 9
nopmo: 12
working-out: 6

****Routines****

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

INTERMITTEND FASTING: BETWEEN 19:00 and 11:00