

```DAY 5: THE DAY OF SEPTEMBER 03, 2020```

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

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

I'm a bit too much on twitch, but I blocked certain exploration parts of the page with adblocker so that it would prevent most of it for the next time.

****Feelings****

I'm on a journey of becoming more one with myself. I want to keep trying to meditate an hour each day because I feel that it helps me immensely and it would be a waste if I didn't.

****Gratitude & Acceptance****

- Grateful for people gifting subs on twitch.
- Grateful for the bad. It's necessary to know what's good in life.
- Accept that I'm sometimes trying to say things which I then decide not to say. I don't agree with it, but I accept it. To hopefully be able to conquer it in the future. Have a nice day everyone.

****Streaks****

meditation: 8
nopmo: 11
working-out: 5

****Routines****

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

INTERMITTEND FASTING: BETWEEN 19:00 and 11:00