

```DAY 1: THE DAY OF AUGUST 30, 2020```

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

[x] Didn't set any todo's today.

Today I learned that I'm still a lot on YouTube. Also that meditation helps to control these urges. Past days and last week I wrote a script with interface to generate these reports.

****Feelings****

Pretty good but nervous, excited for the following week back at uni.

****Gratitude & Acceptance****

- Grateful for having more fun again coding and for last weeks trip.
- Grateful I've spend time planning the next semester today.
- I accept that I watched a lot of YouTube today and I will move on from here.

****Streaks****

meditation: 4

nofap: 7

working-out: 1