

```DAY 6: THE DAY OF SEPTEMBER 04, 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 (now 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 some

time 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****

I'm actually feeling really happy. After trying to film the video like 8 times I just took a moment and filmed while walking in my room and just went with the flow. The video is actually pretty fun and doesn't seem awkward to me compared to the other ones. I want to do a daily accountability journal so I'm going to try to keep this up.

****Gratitude & Acceptance****

- Grateful for video editing apps on my phone. (eventhough I had to pay to get rid of the text in the corner :p)

- Grateful for feeling this way. One hour ago I didn't feel so well but the video cheered me up.

- I accept that I can get a bit triggered sometimes to make place for positivity and reflexion. Have a nice weekend.

****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