

```DAY 3: THE DAY OF SEPTEMBER 01, 2020```

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

☐ Streaks
☒ Routines

It was a long day today with multiple lectures. Feel satisfied with what I have done and how I am doing these days.

Looking forward to the next days and doing the best I can to keep this going. I did however break my nofap streak,

although I didn't watch p. I was just distracted with wanting to watch it so I'm at least glad I didn't watch it. I will

keep this streak going and trying to keep avoiding oversensualized stuff.

****Feelings****

Feeling satisfied. We have to do presentations at school and I took the first spot there was, so I am done with it fast. It is strange because I kind of am excited to get this opportunity to seek discomfort. Making moves so to speak.

****Gratitude & Acceptance****

- Grateful for the discipline I'm developing.

- Grateful for trying and for teachers actually trying to help me.

- I accept that I fapped because I was very distracted because of it and I did it in order to avoid bingeing on p.

****Streaks****

meditation: 6

no pmo: 9

working-out: 3

****Routines****

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

INTERMITTEND FASTING: BETWEEN 19:00 and 11:00