



# Example Daily Journal

🕒 Last Edited	@August 21, 2021 7:32 PM
☰ Type	Daily

## Event-Time Log

Aa Event	☰ Time	▼ Type
<u>morning exercise</u>	1h	Exercise
<u>breakfast</u>	20min	
<u>write code</u>	3h	Research
<u>lunch</u>	1h	
<u>write code</u>	4h	Research
<u>dinner</u>	1h	
<u>write code</u>	2h	Research
<u>read books</u>	1h	Non-central Work
<u>Untitled</u>		

## Time Budget

Aa Plan	☰ Time Budget
<u>morning exercise</u>	1h
<u>do research</u>	3h
<u>Untitled</u>	

## Grateful for and Happy about

1.

## **Self-reflection**

1.

## **Lessons**

1.

## **Bad Habits**

1.

## **Thoughts**

1.