

## Write 3 or more things I'm grateful for

- Which 3 if you have more?
  - You can write more, but limit the time
- You can repeat yourself the next day

1. I'm grateful for creating this template so you can see it
2. I'm grateful for having an opportunity to write online
3. I'm grateful for the internet because I can reach out to you

## The most important thing of the day

- What was the most important thing today?
- What moved me?
- What made me emotional?

We went for a walk.

She got angry because I touched on the topic she wanted to avoid. But if something bothers her, it means it's important and unresolved. I mentioned that if she struggles with something, we can't always avoid it. The tension that builds up is a reminder to take action.

I want us to have space to share things like this.

## How did I feel and why?

Happy, rested, and ready for the challenge.

I worked on the journaling course and read The Wheel of Time. I used pc only while writing, so I had very little screen time.

## [optional] What did I do well?

- what are you proud of today?
- did you help someone?
- did you work on fulfilling your goal?

- created a blog and bought the domain catchyour.life
- I went for a walk
- published an article on Medium.com
- worked on my article for over 2 hours