

Wins:

- Did the majority of my task list
- Began outreaching again
- Felt positive throughout the day
- Had one meal in the day

Losses:

- Didn't finish every task
- Didn't finish the outreach i was writing, was right on the edge of finishing
- Didn't write any copy (switched out the copy to write the outreach)
- Lost track of time and wasted about 4 hours today