

- 2021-May-29

Day 1.

Today is Day 1. Saturday, May 29, 2021. 3am. The day I officially start my purposeful upward spiral. I have been doing progressively better for about a month. Yesterday morning (Friday), I felt fully normal for the first time in a long time. Not just "normalish" which itself has been rare but fully normal. Ordinary tasks that have felt to imposing to think about starting didn't seem out of reach. I was happily productive. Actually enjoying a task.

It lasted a few hours. By 2pm, I was exhausted. I don't think that the things that I had done were particularly taxing either physically or mentally, but still I slept through the afternoon and was good for nothing more than netflix reruns for the rest of the day.

I was really surprised by that.

And after a couple of hours, even watching netflix reruns was too hard. All I was able to do was scroll through the various titles. Feel like I spent hours doing that. Was probably twenty minutes (?)

I am doing super well on "morning practices" and need both keep those up and extend that further.

The recent really important insight was that when I habit chain gets broken, I can still pick up the chain from where I left off as soon as I notice it. Somehow it took me decades to realize this.

The big thing now is to stop letting small things get in the way of my practices.

One of those the small things is medications. My wife normally takes care of putting a week's worth out into sectioned pill boxes. Sometimes she is unable to do so. When this happens it is rarely more than a day. I need to take the pills even if she doesn't put them out. Maybe even fill my own pill boxes on these occasions.

I missed a couple of days of antihistamines. That may be why I am up at 3am having trouble breathing.

So I think that I have eight explicit goals

- consistently take my medications
- continue morning practices, adding in strength training and adding back HIIT runs.

- avoid junk netflix
- consistently sleep through the night
- not need afternoon naps
- keep up with email
- deal with paperwork back log
- restart the business
- and I need an actual plan for each of them
 - consistently take my medications
 1. print out list of pills and put that list in the bathroom
 2. if there aren't pills for all of tomorrow, set out at least that many
 3. if there aren't pills put out for "now", take them anyway even if I don't put out the set.
 - continue morning practices, adding in strength training and adding back HIIT runs.
 1. watch the "morning stretch with chinup bar" video
 2. start doing that stuff
 3. decide on HIIT plan — perhaps Tuesday / Thursday when OuraRing readiness is at least 74
 4. watch "strength training" video
 5. do at least one exercise from it each Monday / Wednesday / Friday
 - avoid junk netflix

This has been the hard one.

1. better set up my "non junk" video alternatives
2. avoid turning on netflix "just for myself" do something else instead — preferably something that doesn't involve my sitting on the sofa
 - move the remote control away from the sofa
 - audio book
 - non junk video — use airplay from a computer rather than the TV remote
 - walk
 - hang on chinup bar
 - balance board
 - call someone — need to make a list of evening callable people
 - look at email
- consistently sleep through the night

This seems hard. Some concrete things that I can do. Doesn't seem like

enough.

1. make sure I do my daytime breathing exercises
 2. consistently take the antihistamines
 3. consistently follow the anti-blue light protocol
 4. set up the night time audio fall back
 5. set up the night pen
- not need afternoon naps

This is another hard one. Beyond

1. sleep stuff (above),
 2. avoiding stupid food choices, and
 3. ???
- not sure what I can do.
 - keep up with email

This is difficult.

1. Maybe the first step is tracking
 2. And setting up a regular time to do "an email pass"
- Not sure
 - deal with paperwork back log

I feel optimistic about this one for the first time in decades. Later today (after I go back to sleep), I expect to make real progress on this one.

- restart the business

I think hear I mainly need time on task.

And to figure out what business I am.