

*Template*

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**Day, time, location**

**Activity**

**Describe**

**Engagement**

**Energy**

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Beginning 7/28/2023

Double vraylar

**Day, time, location**

Weds, 6a, home

**Activity**

Waking up and journaling

**Describe**

Reading self improvement

By myself

Had 7 hours sleep

**Engagement**

Good

**Energy**

Middle

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**Day, time, location**

Weds 10a home

**Activity**

Reflection

**Describe**

Thinking about Dad passing and whether Riley is proud of me . I think he is.

**Engagement**

High

**Energy**

Low

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**Day, time, location**

Weds 12 noon, Tina's

**Activity**

Visiting Dad

**Describe**

Dad is almost gone  
I stroked his head and held his hand  
We both teared up but didn't start crying

**Engagement**

Low

**Energy**

None

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**Day, time, location**

Weds 1p, BK office

**Activity**

Talking about SUP guiding with Ram

**Describe**

Ram told me all about guiding the paddle boards. I tried to ask good questions and learned a lot.

**Engagement**

Good

**Energy**

High

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**Day, time, location**

Weds 3p, home

**Activity**

Spoke with Chase credit

**Describe**

After describing my situation the Chase rep was very sympathetic and even friendly to me. She said I was a good motivator and even expressed her concerns for my well being.

**Engagement**

Strong

**Energy**

High

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**Day, time, location**

Weds 630p, BK Adventure at Beacon 42

**Activity**

Driver for raft tours

**Describe**

Did 2 tours with Rohit. Both were really good but the second was surprisingly good. Some folks from Tennessee and Ohio came in one group so we kept the rafts close together. Rohit and I enjoyed these guests. On the drive back Rohit and I had a nice conversation.

**Engagement**

Strong

**Energy**

Very high, very positive

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7/29/2023

Regular vraylar

**Day, time, location**

Thursday 7a, home

**Activity**

Waking

**Describe**

Slept 5.5 hours, woke up without an alarm for my therapy appointment. Updated my journal.

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**Engagement**

High

**Energy**

Middle

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**Day, time, location**

Thu 9a, circles in rockledge

**Activity**

Therapy

**Describe**

Unloaded all the bad experiences from the week, talked about *designing a life* book

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**Engagement**

High

**Energy**

Up

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**Day, time, location**

Thu 5p-10p, BK office

**Activity**

Summer party

**Describe**

Drinking, obstacle course, drinking fire, drinking dance, I was one of only 2 people not drinking, the only thing I enjoyed was building up the fire

Didn't relate well with my coworkers, not sure why, I know I was tired but it was more than just that

**Engagement**

Low

**Energy**

Negative

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**Day, time, location**

**Activity**

**Describe**

**Engagement**

**Energy**

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