

Template

Day, time, location

Activity

Describe

Engagement

Energy

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

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

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

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

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

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

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.

Engagement

High

Energy

Middle

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

Engagement

High

Energy

Up

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

Day, time, location

Activity

Describe

Engagement

Energy

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Activity

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