<u>Mood:</u> Restful/peaceful now ... Irritated for most of the day.
<u>Possible Reasons:</u> Got up earlier than desired; Not enough sleep; lots of gruntwork/inefficiency during workday

Hmm... mixed up thinking about today.

I had A LOT of busy work created by MemberPress/ LearnDash today. I don't think the specifics are important, but ultimately it resulted in me spending a good chunk of my day doing busy work + gruntwork, instead of focusing on the tasks I had planned that really "move the needle."

I'm not sure what the solution is here... Maybe to just hand it off to a team member and let the customer know we're working on it? At the very least, I likely need to catch myself getting tense/stressed + take a deep breath + focus on being more mindful.

Ultimately my day wasn't as productive as I wanted it to be, but I suppose that isn't as catastrophic as I usually feel it is at the time. What truly makes it catastrophic is when I let it "leave a mark" that bleeds into my rest/recharge time + tomorrow's work (or the rest of my week). I need to get in the habit of "leaving work at my desk," being more mindful, and starting each day totally fresh with a "clean slate."

I had to pause while journaling to eat dinner (Regina had just finished cooking) and found that I'm still _VERY_ irritated, despite all of the above, and I'm not 100% sure why.

I'm definitely annoyed by how shitty my workday was — tons of meetings, email interruptions that needed taken care of immediately due to the MemberPress Snafu, and just overall being pretty tired. I also missed morning meditation and moved it to the evening (right before journaling), which may have something to do with it too! Not to mention I've been somewhat stressed all weekend due to the launch, so maybe some of this is just residual.

What can I do to fix all of this, even if I don't fully understand it?

- Be more mindful during my workday + try not to get so worked up.
- Recognize that every member request isn't an emergency and, worst case scenario, can be bulked together and handled at the end of the workday.
- Get more help from talented, trustworthy, autonomous people.
- Get more resources in the business so I can afford that talented, high-grade help.
- Be more forgiving of myself, and recognize that not every day is going to go according to plan... and that's okay!
- Enter every workday rested and call it a day when I'm

at the "end" of my rope" – it'll all be there tomorrow.

... I'm probably never going to be very good at that one 😁

Ultimately, I guess all I can do is get better. At least I'm journaling now so that these "knots" get worked out, rather than festering, which is a MASSIVE step in the right direction.

⭐ **I NEED TO FOCUS ON MY WINS, NOT GET SO CAUGHT UP IN MY LOSSES!** ⭐

Today's wins:
- Journaling to work this shit out
- Figuring out the MemberPress clusterfuck (for now) and finding a way to proactively fix everyone's account
- Nailing down my weekly MITs
- Making it to the gym, even though I was tired & didn't feel like it
- Stuck it out through a difficult day and saved the rest of my week by doing it all today
- Offering Issac the mentorship!

Things to improve:
- Being more mindful & not getting so worked up/obsessive
- Being okay with the day not going according to plan
- Dithing my tasks and being careful to not get caught

_____ my _____ and _____ careful to not get caught
up in the illusion that EVERYTHING is urgent
- Not spreading myself too thin and never getting a
  chance to "catch my breath" because I'm constantly
  distracting myself with a phone, computer, etc.
- Enjoying the journey, even with its ups <u>AND</u> downs