

Nancy H.

8-wks

9/6/25

Less anxious - still some.

Sleep some ~~pl~~ as better when
in bed by 10:30 + yoga.

When focused on ~~the~~ ~~eg~~ diet
then forget about other things
S.S. ADHD. ~~I started~~ after kids

→ bad habits like staying
up too late - less on devices
but still some.

[list] - Routine.

Typically wakes @ 6 but so
tired. Gets up 8/8:30.

Hyperfocused but due to procrastination

(Hubby up 6am. + 8:30/9pm)

[Netted] → not safe to feel all TIME

Some emotional feeling this
morning - still avoids feeling
- see - Cash seller every fortnight.

Needs more structure in week

- work M T W
- cook Thu
- house Fri

early eve. yoga. check-ins.

lemon water
back remedies

Meet own need.