

## Incredibly hard

Y.Y at church is an example of an incredibly hardworking person. After a small talk with John H, I think all of my excuses are bull shit.

I could strive to be better, I want to look at my students and say to others that wow these kids from Asia are incredibly hardworking. Right now, I hardly think I am justified in that regard.

I want to be hardworking, but I find everything I can do to distract myself from it. Why can't I be better? Be like YY?

I told myself cause visa issue from a 3rd world country, I cannot go to many places for conferences. They are bull shit excuses.

Stop the negative thoughts in your mind! Some stuffs today:

- ☐ Working on the reviews for exam, be responsible for the job you got pay for
- ☐ Understand the flat holder first
- ☐ The barrier argument, understand it
- ☐ Write up for boundary general Hölder,
- ☐ do write into the draft and email R.S. , it is the last chance to let him know you are working

Just understand this tiny thing took me so long, how can I call it hardworking.

Need to put the task on calendar.

My mind usually wanders around so much, it invented many weird, dramatic stories about how life could turn out if I do things differently, or how it could be if I am with some people, it distracts me so much. Is it my worst enemy?

Life is beautiful, be appreciated!

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