

Jonas Max Trofort

START TIME 9:50 end time 10:15

Hello today I'm writing my first journal .first let me say this , I kind of admire the idea of free writing and I hope that it help me develope my writing skills and get comfortable writing what's going on in my mind .I struggle a lot with writing papers ,because sometimes I feel like I can't put what's in my mind in the paper the right way ,sometimes I felt like what I want to say I can't say it because English is not my second language ,second sometimes I feel like I kpcant fond the right word to use ,sometimes also I feel like my grammar is not correct in another word I feel insecure about me writing a paper , but with this free writing sessions I feel like it's an opportunity that I have to explain myself to myself if that make any sense

Today I'd like to talk about my day ,I work everyday early in the morning I basically wake up at 6 because by 7 I should start working ,I love the feeling of driving in the morning because it's relaxing anytime I'm driving I listen to worship songs and immediately it change the atmosphere and make want to pray ,so that exactly how my morning go everyday , I wake up I clean myself and then on my way to work I pray I talk to God about my day . I believe that everything that you named belong to you so I take time every morning to na,Ed my day I declare and prophecy about how I want my day to be and I ask Gid to assist me during the day after work I have to be prayed for school , I work full time and I pm also a full time student it is not am easy task but when you willing to do something and you know what you want and where you would like to be in life you shave no choice to work hard and do sacrifice as much as it takes to reach your goals to achieve your dream ,it's not easy it will never be but I always parlay and ask God to help me balance everything ,school work , my personal life and family and I beleive I can do it all , as the Bible says I can do all things through Christ that's strengthen me
Sometimes I stressed my self out because I want to have enough time to work and do my homework and this semester I have 4 classes ,three credit each so I need a lot of time for readings and homework ,it is a lot I know but I feel like I'm ready ,I don't like failing And I'm not afraid to fail that's why I always take risk and try and for that I know at the end I'll always deliver and won the victory

After that free writing session I'm going to take a nap and wake up with a fresh mind to continue to do my homework I want to keep my self busy after my homework I'm going to spend time reading .I also want to be better with expressing my self publicly because I struggle with that a lot ,I'm always afraid to talk to say what's in my I feel like I have a lack of self confidence in my pronouciation ,a lack of confidence because of my accent ,I always think if I'm being open and speak with people they will laugh at my accent , for that I decided to read in silence also out a ten minutes aside everyday to read out loud so that I can work on my pronunciation and get use to read out loud so that when I'm spin class if the teacher ask me to do so I'd not be afraid by doing so I beleive I'll get better speaking around people without being afraid of my accent and pronouciation

I have so much in my mind I'd like to talk about but my fifteen minute is done so
See you in my next session for another moment like that