

January 5, 2012 Journal Entry – A Day in the life of ME!

I was reading Stephs blog post Steps for a simpler New Year the other day and it inspired me to keep a journal of my day to discover how much downtime I actually have in a day (or to me how much time I waste doing nothing in particular). I may have chosen the wrong day to do my first entry – Monday 2nd January; a bank holiday. Bank Holidays are supposed to be downtime days really anyway, aren't they? Anyway here is my day – apologies it is quite long! lol...

06.45 am

Finally got up after being awake since about 4am (when I had got up, had a cigarette and gone back to bed) having been unable to get back to sleep.

Around 4.30am I had heard the stepdaughter (SD) call that she'd had a nightmare, lay there while the other half (OH) went to see to her. He came back to bed, snoring straight away.

At 6am son's (DS) alarm goes off but he doesn't wake up, OH goes up and calls to him

'Quick, you've got to get ready for school'

(wind up seeing as we've been woken by the alarm that fails to wake son) we lie there for a while realising we cannot get back to sleep – and I'm coughing like a small dog barking.

Get up have a smoke, put the kettle on.

Make myself a lemsip – cough, and sore throat now will be instantly cured (I don't get ill – I'm telling you! It just doesn't exist in my vocabulary to say I am unwell!!)

Settle down on the sofa, drink lemsip while catching up with the 30+ emails in my inbox (virtually all blog subscriptions) read and comment on blogs.

Tweet a few tweets.

Subscribe to more blogs, that's 4 more just this morning, must be about 120 in total now (what am I doing? Fool how many do you think you can possibly read!? – but they all look so interesting...)

08.00 am

Time for another smoke.

Still not dressed or had breakfast, still feels like it's only about 4am, dark, cold and silent outside.

Only about 10 emails/blog posts left to read, then I can crack on with reading the next instalments of Jenny Eaton's beta read that I'm doing – ohh no wait, have to sort out replying to the comments on my blog first and sharing today's post.

OH has gone back to bed having finally fallen asleep watching his CCNP training video leaving me to have the radio on again.

And of course I'm journaling my day so I'm having to keep stopping everything to write this as I go!

And distracted by tweets, more emails arriving – the UK is waking up and today's blog posts are arriving, they will have to wait till I've dealt with those from yesterday!!

I've been awarded the versatile blogger award again by
<http://lostinthewinterness.wordpress.com/2011/12/31/versatile-blogger-award/> and
<http://katieinwonderlandx.wordpress.com/2012/01/01/more-awards-from-2011/> So I must sort out a
blog post about that later too!

09.00 am

Finally finished all the catching up, so time to read some of Jenny's book and take notes/comment on it as I go – I'm not the most technically useful beta reader, but I love reading so hopefully just the fact that I am hooked and reading each section so speedily shows it is a good book!!?

09.20 am

First two chapters read – disturbingly brilliant. A Quick pause to get breakfast; dry toast and a yoghurt; with a cup of tea. Then a smoke and continue reading – everyone else is still in bed...

10.00 am

Finished reading the beta read, next block shortly. Want to go for a shower and get dressed but everyone is still asleep and I don't like to disturb them by wondering around unless I 'have' to get ready to go out. So I guess I'll carry on reading for now while I wait for them to wake up! Lol

10.10 am

Reading disturbed by the doorbell (no-one woke up still, lol)

The police, come to let me know that my sons report of being assaulted back in November won't be taken any further as they have been unable to trace the lad that hit my son. Not surprising really, my son has Asperger's and his ability to describe an incident is not the most reliable, and his friend who witnessed the event also has learning difficulties and gave a very different account of events. I know my son did the right thing reporting the assault but even when I sat with him as he gave his statement to the police officer in November I didn't think anything would come of it – realities of life, bad things happen sometimes, luckily my son wasn't injured as if he had been I think we would all have been trying much harder to find out who did it and sort them out.

Back to reading then...

10.30 am

The police had disturbed someone after all, the OH came down at twenty past, and the doorbell had woken him.

Now finally the youngest member of the household SD has awakened.

Half way through the next section of beta reading.

I'll take a quick smoke break while OH cooks bacon sandwiches for breakfast. Then I'll finish this block of reading while I eat my bacon sarnie, than finally head up for a shower and get dressed ☺

11.15 am

Finished beta reading for this morning, chapters 26-44 of 62 chapters, looks like I'll be finished soon. I'm going to miss it when it's done as I am enjoying this book very much!

DS has finally got up – time for a telling off about alarms that don't wake him...

Quick check on emails, tweets etc., then time for that shower – *at last, you lazy bint!!*

Get clean, dressed and do some real work! Lol

bah it's still holidays, I'm enjoying relaxing...

NO, Shower now!!!

Okay okay I'm going... ☺

12.10 pm

Come down from shower (yes, I know I was in there a long time almost an hour)

Take wash basket into kitchen, machine is in use (DS actually doing his washing for once! Yay)

DS, OH and SD playing monopoly on kitchen table.

Into lounge, attach sit-up bar to door.

Sit down and check emails (write this),

Finally go to actually do some sit-ups 5 minutes later... another 5 minutes and 30 sit-up and 15 press-ups done.

Now I need to write some blog posts...

after I've had a smoke – duh yeah I know, undo the good work straight away *blows raspberry*

13.20 pm

Okay that took longer than I had hoped for (writing a blog post) – being my list of 'new things to try' post I ended up browsing 'bucket lists trying to find ideas as I'm running out of ideas having tried so many things already

(well I am 35 now, many years of trying new things behind me already – limited finances and time also restrict certain more extravagant ideas I might otherwise be tempted to do!)

Anyway, it's written now and hopefully I'll get a few extra suggestions in the comments when it goes up!?

I'm not going to allow myself to check emails etc. again yet – I stop too many times during the day to do this as it is!

They can wait till later, it won't hurt!!

So I have two posts lined up for this week so far and I have to do my first ROW80 check-in on Wednesday – cripes, better think about doing some of the stuff on my goals for that!

Food time, not much though, eaten loads already today! (yes a piece of toast, yoghurt and bacon sandwich is a lot to me!)