

2022-05-17

6³⁰ Getting up. F leaves today for Linköping.
Breakfast, discussions about the plans
for the day. F wants to go to swimming
pool with friends and skip her piano
lesson. I say no, she can't do that.

8³⁰ Take S to a friend's place

9-10³⁰ Yoga

11-16 Try to work, but don't get very far.
I do some reading here and there, but
the most part of the time is spent in
phone calls with sister and mother, F,
S and surfing/messaging to find a
mediator who might be able to assist us.

16-18³⁰ Pick up Carpet from cleaner's, send some
mail packages, pick up F, pick up S,
do a little more reading, writing.

I feel discouraged for not having done
enough work today. Angry at the world
for not working out the way I wish it to.

19-20³⁰ Dinner. F's made sushi, with a little
help...

20³⁰-22⁰⁰ Shower for S, helping her with her very
long hair. Cleaning up around the house:
vacuum-cleaning, a little tidying up,
unrolling the new (used) carpet in S's room,
unscrewing legs from a useless desk.
I'm reading "Anne of Green Gables"

22⁰⁰-23 Talk to mom, the outgoing Sage.
Get ready for tomorrow. Pack. Plan.
Think. Wish for a more productive day.