

## Thoughts From Konrad Cafe

12.13.25

Now before I get more into the contents of my brain fr I just want to say there is nothing like securing your favorite seat in a cafe you're familiar with. This is definitely a sign of unc status the fact I find so much joy + comfort in this but at the cafe I'm at rn there is two corner chairs tucked in the corner (as corner chairs are ig that was a bit redundant) that are hella comfy, have an outlet right next them, and a window that looks out into the street of the city so I can people watch as much as my heart desires. Side note idk if you have noticed yet but there will be a lot of run on sentences in this blog. Embrace it or suck ma ballz. But anyways I'm sitting in the corner of this cafe nursing my carrot cake and cappuccino and this life shit isn't bad man. The two girls at the table next to me are yapping about their boyfriends. The gossip doesn't hit the same to me when it's not in a nasally American accent with a vocal fry though. Ok now let's get into what is on my mind.



My first thoughts I had today in this cafe came to me while I was doing a bit of journaling. I had just been scrolling twitter and this tweet came up, and it really struck a chord with me. In my mind I framed it less as “successful vs. unsuccessful” and more so as “fulfilled vs. unfulfilled.” Anywho, this tweet resonated with me as my brain works in a very “all or nothing” manner, especially when it comes to my habits and traits I am trying to build/nurture in myself. The minute I miss/forget to do something (waking up by a certain time, journaling, meditation) or don't check a box of something I wanted to accomplish on a certain day, this “all or nothing” part of my brain will kinda chalk the whole day as a loss or make me feel badly/guilty about myself / my discipline.

This is when I have to remind myself (like this tweet kinda says) that there are no clearly outlined, concrete, linear steps that *I personally* can take to guarantee my happiness and joy with life. This is because what works for one does not work universally for others. I can't just check boxes to reach happiness. I have to try, fail, and operate imperfectly as everyone else does until I

figure it out for myself. Now, this doesn't mean there aren't certain activities/habits I would like to install in my life that bring me happiness. I can still note these things and strive to do them, that's not what I mean by saying this. I more so just mean that life is imperfect in its nature, so my imperfection in sticking to these habits isn't to be punished or dig me deeper into a hole, it just is. Some days I won't do the things I set out to do and that's fine. It's not laziness or an excuse to fuck around its just reality lol. I am working to rewire my brain away from this "all or nothing" setting that treats missed habits as "setbacks" or "failures" that seep into other aspects of my day. I am working on not letting my goals + aspirations for myself and who I want to be become a prison to myself or standards that I am unequivocally bound by. As with all things in life, there needs to be leeway and flexibility. Gentleness with myself.