Thursday, Feb 19, 2026

Write 4 mistakes you made recently (things you did or didn't do).

I ate two frozen pizzas last weekend.
I wish I hadn't eaten two frozen….
If I hadn't eaten two frozen pizzas, I wouldn't have gained weight.
If I hadn't eaten two frozen pizzas, I wouldn't be mad at myself.

I didn't study enough last week.
I wish I had studied enough…

What would be different if…
What would have been different if..
If I had studied enough, I would know the information.
If I had studied enough, I would have learned new things.

I didn't have money yesterday.
I wish I had had $ yday.
*If I'd had money yesterday, I would buy that shirt. WRONG
If I'd had money yesterday, I would have bought that shirt.

If I'd had money yesterday, I would own that shirt.

If I'd had money yesterday, I would wear that shirt today.
If I'd had money yesterday, I would have worn that shirt today.

I drank too much coffee yesterday.
I wish I hadn't drunk…
If I hadn't drunk too much…., I wouldn't feel sick. OK
If I hadn't drunk too much…., I wouldn't have felt sick. OK

*If I hadn't drunk too much…., I wouldn't get sick. WRONG

If I hadn’t drunk too much…., I wouldn’t have gotten sick. OK

I didn’t fix my closet door on Saturday.
I wish I had fixed my closet…

I forgot to cancel my Amazon Prime membership last month.

I didn’t go to the gym on Sunday.

Tuesday, Feb 17, 2026

I was supposed to pick up my friend at 1pm but I forgot.

I'm not supposed to let you borrow it, but it's okay just this once.

I suppose we need to leave an hour earlier than usual.

I ate a frozen pizza on Saturday even though I know it's not healthy.
I didn't finish my presentation yesterday even though I had enough time to do it.
I feel tired even though I slept enough.
I wore a winter jacket on Sunday even though it was 55 degrees outside.
I'm going to go to the gym after work even though I don't feel like it.

I feel bloated.
I wish I didn't feel bloated.
If I didn't feel bloated, I would eat lunch today.

I need to buy another car key.
I wish I didn't need to buy another car key.
If I didn't need to buy another car key, I would save $300.

Problem
Wish

What would you do if….
Advice

Who is your favorite actor?

Paul said, “My favorite actor is Daniel Day-Lewis.”
Paul said his favorite actor is Daniel Day-Lewis.”

What did you spend a lot of time doing on the weekend or last week?
Eldana said, “I spent my time walking with my baby.”
Eldana said that she spent her time walking her baby.

Paul said, “Me watch TV.”
Paul said he watched TV.
*Natalia said she was from Russia.
*Natalia said she had bought bread yesterday.

Natalia said that Paul needs to study harder.

What did you spend a lot of time doing on the weekend or last week?
What did you waste a lot of time doing last week?
How much time did you spend on Youtube yesterday?
Who was your favorite singer when you were a teenager?

Atheist
Take for granted

Writing:
Pick one!
What is one happy memory from your childhood?

- What games did you like to play when you were young?
- What did you love doing at age 7?

- What is something you learned from your family?
- What is a tradition your family has?
- What food reminds you of home?
- Tell a story about a time you felt brave.