A Typical Day

 Days at times seem to run together but on a normal day in the life of this Sith I have a routine to ensure my abilities and mind are prepared for any task set my way.

 Sleep seems to have haunted me greatly for so many years, but I still attempt to sleep so that my mind will heal and dream but more for the settling of it. The mind is a crazy thing and can be your strength as well as your weakness if you do not take care of it. I believe to have lost it for some time as a young man because of traumas. I have sense come to the realization that not only is my body important to a mission but so is the mind.

 I get up early and begin an exercise routine that will challenge my body and mind. I begin with a rather brisk run and athletic routine and then once my heart rate is up and my blood pumping I begin another routine where I use the force. I will run toward an obstacle and then use the force to project myself over under or even through the object. Or I will run at full speed toward a target only to use the force to absorb my momentum only to change 180 direction at full speed. This had on many occasions surprised many a fool.

 I will then stop the routine and begin to meditate to calm my heart rate to normal while finding my center. There are times I receive images that seem familiar but unknown. I attribute this to the time when my mother was alive I found the crystal those Jedi once found. The images still haunt my dreams, reason for the rough sleep.

 Once my pulse has returned to normal I will find a shower to clean the sweat off and then find some food. I have not been a bad eater but these days I find myself becoming ever increasingly picky about my food. One other reason is I find myself working out so rigorously to burn it off. Once I am done there I head to my place and start looking through my personal computer for something to read. I happen to like to learn more and more about the world around me and the dangers that can pop up.

 I have read a lot of books about the many worlds I have had missions upon so that I am aware of all the possible dangers they can and do present to living beings. It has been invaluable. I have found that using the environment to your advantage can be so helpful when you have multiple targets that need to be eliminated. I sometimes even look at some holo vids but rare. It sometimes gets to hard to believe the things they do in them knowing all well that some of those things don’t work quite that well or even possible.

 Then once again the time for rest begins to creep up on me. These are the days I pray for a mission to come up and a rather dangerous one. I love danger. These are the typical days of my life, when no mission is needed.