I think that considering these other jobs over the past several years has ha= a negative impact because I constantly feel like I am being evaluated/have=something to prove. Thought of the day. And I still don't feel we=l. Ugh.

```
<?xml version=.0" encoding=TF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
        <key>conversation-id</key>
        <integer>338591</integer>
        <key>date-last-viewed</key>
        <integer>0</integer>
        <key>date-received</key>
        <integer>1554041356</integer>
        <key>flags</key>
        <integer>8590195717</integer>
        <key>remote-id</key>
        <string>918208</string>
</dict>
</plist>
```