
we only ever look up when we take a shower

a note to myself that I should probably just keep to myself

We just loooove fabricating different images of ourselves. Our online profiles cherry-pick the best moments of our our lives, character selection in video games allows us to experience what could have been (even as a joke), photograph preaches vanity.

Don't you get tired of all that?

Talk to your friends and absorb the smiles instead of giving in to FOMO and scrolling on your phone. Remind yourself to straighten your back. Notice your furrowing eyebrows and calm them down.

There're so many things you're better off doing.

Stop dwelling on your upcoming responsibilities and let them flow naturally. Deep breaths and smile on. That's all you basically need to thrive and survive.

You have good friends, your ears yearn to hear a good story, and your stomach is ready to take on crazy amounts of laughter—probably originating from the story of that *curly-haired dude*.

Okay—fine, you're paying good money for your current responsibilities. Do it then. Stay focused and on track. It's very conflicting, confusing, and the most amusing, but know that for you to enjoy the highs you've gotta live through the lows.

Don't go on auto-pilot mode. Be fascinated.

Content not that engaging? Dance with me, baby. A moonwalk's waiting to be picked up. Better yet—am I hearing electro-swing? You know where I'm going with this.

Touché, really. I'm gonna leave you on the hanging side of the cliff, so go. Don't finish this article.

Go ahead and actually *live*.

