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**原文**

I’m gonna be waking up at 5 am every day for a week. You guys I kind of have like a little bit of a problem. I’ve been sleeping in so late. I feel like I lost self discipline or something. I guess the better way to phrase it, would be that I have on structure. When it comes to sleep. Why am I sleeping till 10 every morning. Who let that happen. Well, I did, I just want to have a schedule. You know, I want to be on top of my this year. Even thought this year is almost over. Any you may ask why am I choosing the other extreme. Why am I going to wake up at 5 am. I believe if I force myself to wake up at 5 am for a week. That’s really gonna show me. The rock bottom the earliest possible time. So it can only go uphill. Then I’ll probably start waking up at normal times like 7:30. but I feel like I need a little reality check. You know, it is currently Sunday night. It’s 9:55 PM.

The thing is that I kind of have to take this in phases, because I’m so used to going to bed so late that even if I did get in bed by 8 PM right now. I’d be wide awake. I’d just be staring at my ceiling for two hours. It’s the way you act. It’s sucking my head. I can’t stop thinking about it. You know that good that I’m talking about from TikTok. All right let’s go to bed. nowhere else we’re just going to bed. Are you trying to say to me. Do not know what I’m talking about.

I can’t believe I’m waking up at 5 am for no reason. Not no reason, but like , you know if I had a flight or if I had a meeting or like something at 5 am. But like it’s the way I’m just doing this to myself. Goodnight and I’ll see you at 5 am. So triggering. Good morning you guys. I feel like I just went to bed. So here’s the thing. It’s cold in here. It does feel like I actually just went to bed. I need coffee. I need a place that’s open. Look they’re all closed. it’s too early. I kinda want to go to Duncan. Oh wait, Duncan opens ta 6:30. I think I’m gonna have to go there because I like I need it. I have to make my bed or else I’m just gonna crawl right back in there. Okay it’s legging hoodie vibe today, with hoop earrings though. I love wearing jewelry with casual outfits like this because it just dresses up any outfit. Okay I know this is gonna seem like the same clip too, but I have to wait a good 45 minutes just to leave my house, because Duncan wasn’t open yet. I think it’s like sunrise right now. Oh yeah it is the sun is rising. I literally haven’t been up this early since I’ve moved here. There’s a lot less people out.

That’s for sure look how dead it is. Oh my god there’s a girl running I’m so proud of her. Imagine having your life together that much like running at sunrise. Oh my God I’m here. Thank God I’ll dip the iced caramel latte please. I got a donut and half Browns. What’s this. I ordered this donut. And then they gave me 2 donut holes and a regular donut. Maybe they were just feeling generous today. I literally never get donuts. I also don’t know why I got this. And then I got my coffee I got an iced caramel latte and then I got hash Browns, like there’s so much stuff in front of me. I mean to get this much.

Here we are again. I actually just took a screenshot. I slept so bad last night you guys I kept waking up. I think it’s because I kept anticipating that my alarm was gonna go off. Like I’d wake up and just look at the clock and see how many more hours I had left. It’s day 2 and we are not quitters around here things get hard but we keep pushing through. I have a piano lesson this morning it’s kind of far. It’s in really northern Manhattan. So I’m gonna have to subway. It’s also my first piano lesson and I’m really exited first things first. You know we have to make the bed or else I will get back in it. I have my piano lesson 9 am I haven’t had piano lessons in probably like 8 years. So it’s been a really long time and I just wanted to get back into it because I miss it a lot.

When I play piano now I just do synesthesia, which basically is just like visually seeing the notes. I don’t actually read sheet music. So I’m worried guys. It’s gonna be tough for me. Wait I forgot to tell you guys something I have to tell you. Last week I ordered dinner for myself I ordered this burger and fries which is honestly interesting because I really don’t eat meat very much so I post made it here. I had it for dinner around like 8 PM and I went to bed and I was like oh, my stomach hurts but I’m just gonna try to sleep, so I went to bed. And then I was force awakened something come over me and I just sat up in bed abruptly. And I was like I’m gonna get sick right now. Long story short. I get food poisoning for the first time. And food poisoning has been a huge fear for me. I don’t know what it is. I’ve always been so definitely afraid of food poisoning. Honestly maybe it’s a good thing that I got out of the way. Because now I know what it’s like but it’s horrible. It’s literally exactly what I thought it would be, never again, will I be ordering from that restaurant.

I’m honestly scarred from just like burgers in general. I don’t know why I even did that. So anyway okay I’m gonna get dressed. Hey guys I just got out of my piano lesson, since it was the first one. I felt really awkward asking to film so I didn’t really film it I’m so sorry. It went well but I forgot way more than I thought I did. I got the homework I feel like I’m in school again. He’s actually really fun though. My instructor is so nice and he’s so funny. Anyway I’m gonna subway home. And I’m actually like not even that tired honestly. So I’m getting ready for bed now. Just take a guess, guess what time it is. And I’m getting ready for bed. I think I just need to catch up on sleep. But I also think that means like my body’s adjusting hopefully, I’m gonna go to bed. Love you guys and I’ll see you in the morning.

Good morning here’s the thing. I have to use up one of my workout classes that I already bought before it expires and there’s class that starts in an hour. So you know what that means Pilates. Okay guys I feel so good. I love Reformer Pilates. It’s so much fun. Because it’s different than like a standard workout. I’m also not that tired like I thought especially after I worked out. It starts to hit me. But I’m actually kind of fine. I think I’m gonna go get coffee though. I’m gonna stay ahead of my energy. Just because I’m not tired now doesn’t mean it won’t hit me.

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You know I know today was a fail. But I promise I’ll be better tomorrow you guys. I really will. I never thought I’d see the day, but it’s the last day I have to do this.yeah I’m so happy that I’m done with this guys. I want to have kind of like a show chill relaxing morning. Usually I don’t have time for that ,but since I have nothing else to do. I wanted to do a little face mask, and maybe read a little bit. I also tried to make it really cozy in here. Look at this bag that I just got guys. I think this is the most adorable bag. It has secrets on it. I was gonna get this one that looks like this that said makeup. But then I felt like it wasn’t as mysterious. You know like what’s in here. I mean we all know it’s just skincare

My hoodie match is my face mask. It’s weird waking up so early that it’s still dark out. Like my brain feels like it’s night time or something. But this is the book I’m reading I got this a couple vlogs ago. The sad part is I’m only halfway done. I should have finished it like 2 weeks ago. DnD mode do not disturb. My skin feels so good I just wanted to end the vlog. Thank you guys for watching. You know, will I doing this again. Absolutely not. But I do think much I’m gonna try to wake up consistently at like 7:30 or 8am, and just like kind of get into a routine. I’m lucky, I don’t have to wake up at 5am every day as it is, anyways, I hope you guys and I’ll see you in my next vlog.

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