21:25   
My sister clarifies about the consequences after February 8th. If I comply and finish all the tasks she has given. I still have the chance to stay at home. But, if I slack off and follow my old ways again, I will be kicked out of the house and be given $1000 till she can find me a flight to Vietnam. I know my devil side still exists in me and urges me to do the opposite. I will not let it controls me after 5 - 6 days. I know it is hard. I know it is frustrating. I can feel it wanting to control me even though after I cried and promised my mom and dad and sis that I will not let my entertainment control me ever and ever again. It is still creeping behind my back. It is scary man. Knowing one day it will lead me to despair and sadness again. I know the consequences. I have lived through it. Eating junk food. Less sleep. Constant depression. It is a very very bad experience and i do not want to experience it ever and ever again.

Let’s talk about gossiping about my sister. It is weird that she will stay at home with me and watching me do for one month. Does that mean that she has broken up with Ben. That is some spict shit right there ladys and gentlemen. When I heard about the story Ben yelling at her for not being able to ski. I felt really bad for her and hate him a little bit because he does not have sympathy for someone that has no skied before and expecting her to become better. That is one thing.

There needs to be section where I repeat what needs to done every day so I am doing it now.

**REPEAT THIS EVERYDAY**

**1/ I need to be in a state where I am completely relax where I don’t have to overthink. I can achieve it by having enough sleep, eat and mindful thinking**

**2/ I only needs to complete 6\* every week and i can do it in 30 minutes every day when my sister is sleeping or she’s out. I have responsibility with doing it without detection. If I mess this up, grave consequences will soon follow. Remember that and you will get 100\* -> 50 cases and profits so that you can invest to buy knife later okay. This is for the long run. Do not look at things short term**

**3/ Do not forget the consequences: Out of the home, living by myself with no support whatsoever**

**4/ I do it to achieve my dreams and my passion and I need to find my passion, a stronger passion than ever before. Rather a passion or a goal to stay alive. I guess staying alive is a huge passion to me to**