Consistency and Showing up
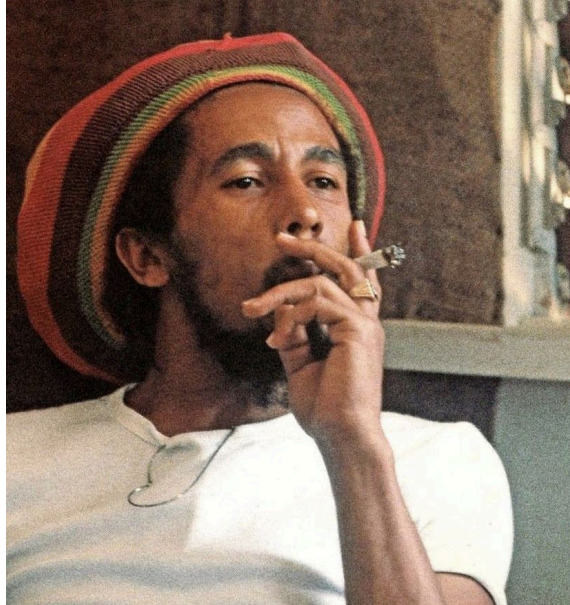*1.16.26 @ Paul Cafe*

Flick of Sir Marley 4 the vibez

I have talked about this before on this page, but a train of thought I had at the beginning of this month (Ig you could call it a New Years resolution) was that when I get home from living in Europe in April, I want to be able to look back at my time here and be proud of how I spent it. Not only do I want to be proud of how I spent my time, I want to be able to look back and have something tangible/visual I can point to and say "I put the work in and was consistent with this." I decided that the artifact and evidence I could point to would be this blog page I created and I vowed to be consistent with it and upload daily so when I get home in April I have a bulk of work I can point to and say I showed up every day.

I write all of that to say that part of working on something every day is that not everyday is going to be groundbreaking or consist of some amazing idea I want to post. I am a bit of a perfectionist which comes from being an athlete, and often this trait can lead a project like this blog to become more of a cage then a creative outlet/release. For example, today I was just absolutely stuck on what I was gonna post on here. I really could not think of anything, and found myself getting frustrated and feeling the pressure of "I have to upload something creative and great or else it's a failure." I have to step back and remind myself of what this blog's purpose is (lighthearted creative outlet, not life or death judge of my brain) and that when I committed to posting on here daily, I knew not everyday I was going to be posting liquid gold and enthralling content. Some days are just going to be regular and I will get stuck and stumped on what to write about. I say all this more so as I remind myself to release/loosen my grip on this endeavor a bit, and not let a fun and easygoing thing become a source of dread or stress. Hashtag reframe.

This is what consistency really is: showing up everyday, not just on the days where I have some groundbreaking thought or have something I really need to get off my chest. The sooner I can accept this the easier and more fun this whole project will be. I just get caught up in wanting

everything to be perfect and have depth when most of the time shit really just isn't that serious. So here I am in this cafe bumping Bob Marley and essentially writing about a whole lot of nothing but like I said this day is just as important if not more important than writing about something amazing and swaggy I did. With all this being said I have hyperactive brain so here are some thoughts rattling around my brain. When I imagine thoughts bouncing around my mind I imagine them doing so like how the "DVD" logo slowly bounces around the home screen of the TV before the movie starts if yk what I'm talking about.

Little bit of background, I have an absolute shit stomach in the sense its hella sensitive (like IBS vibes). The past couple weeks my stomach has been especially sensitive, and when this happens I normally have to eat extremely bland and carefully to avoid setting myself back and let my gut recover. I bring this up because when I'm watching *The Sopranos* literally every scene in the show Tony is mucking the most delicious italian meal you have ever seen, and it is absolute torture to see this and not be able to go order a big pasta dish or something and satisfy my cravings. To pair with this, Europe is pretty goated in the sense on like every block there is a pastry shop/bakery with wonderful aromas/mouth watering food in the display window. This is also just a punch in the gut no pun intended to constantly be shown food that looks amazing but I can't eat. The croissants and crepes call out to me through the display glass like how the basilisk whispered to Harry Potter in *The Chamber of Secrets* in sweet seductive voices only I can hear. A true test of self control (shoutout Frank Ocean) and discipline.

I am such a social creature and life is so isolating over here. I don't say this in self-pity or like depressing way more so just observing a fact. It has been a real opportunity spending so much time getting to know myself better and what not, but it definitely has its moments of damn I just want to chill with someone I know who also speaks my language. I feel like my social skills are like a spaghetti and meatball dish that was thrown into the freezer and when I get back home to the states they're gonna need a 2 week "reheating" period before I can have normal fluid conversations with people again lol.

I've been thinking about wanting to learn how to play the guitar. Only thing that would be a pain in the ass is bringing it home tho. One the process/skills from learning the guitar would probably be elite for my brain health and it would be super dope skill to learn I think given that it is a skill that has the power to bring people together. I write this rn fully acknowledging there is like a 5% chance I ever do this. Could be a cool sidequest though and was on my mind today. The other skill I've been thinking about diving into (that is much more likely) is cooking like real, full meals and shopping for them. The process of prep, cooking , eating then cleaning up is pretty like relaxing and kinda therapeutic so I think I'm going to try once a week to really cook a proper meal is a bit more sophisticated and time-consuming. Odds on me doing this are like 80%.