

 Great!!! I am about the same height and physique as you, you are my target!

 Great! I'm glad to hear that. We can definitely support each other on this journey.

 Your room looks so cozy! How do you get that atmosphere?

 I think it's all about the little things. I like to keep my space tidy and add some personal touches, like my favorite posters and a comfy bed. Good lighting helps too!

 Thick dopamine in nature.

 I'm soaking in the sun, feeling the warmth on my skin. The sound of the waves is like a lullaby, and the breeze makes me feel alive. I can't help but smile—it's pure happiness.

 How did you practice, sister? How to start with zero foundation?

 I started by practicing every day, even if it was just a few minutes. Consistency is key. I also watched a lot of tutorials and tried different techniques until I found what worked for me.

 That study atmosphere looks so great!

 I think it's easier to study in an environment you like.

 How did your dog manage to be free-roaming without biting anything? My three-month-old puppy bites everything, and I'm too scared to let it out of the cage.

 I started with short periods of supervised playtime, gradually increasing the duration. I always kept a close eye on my dog, and I rewarded calm behavior with treats. Over time, my dog learned that exploring safely was more rewarding than biting.