Taken from the notes on my phone:

10/20/18: 17:52

I think my favorite season might be Fall, previously I always assumed it was summer.

I think part of the reason I’m addicted to weed might be because it’s the only time I actually let myself slow down and relax anymore... I might be a workaholic. I’m capable of slowing down sober, but it takes a few weeks of not smoking to get me there.

It feels so freeing to not judge myself anymore. I honestly don’t think I’ve felt this genuinely happy to be me and to be not judge mental of my actions.

I need to be careful to still be considerate of my health and career needs, but it’s nice just to experience having enjoyable days for rest and interesting study. I like thinking about what I love spending my day doing and realizing the things that I’m passionate about that way. I love golden hour.

Peace and relaxation accompany courage and happiness.

Forgiving myself has never felt so good.