Dear Diary,

I AM SO PROUD OF MYSELF!!!

I have been kicking *ass* this week.

Randomly, on Wednesday when I got back from class -- I came home in an exhausted puddle and ate a bunch of food and watched a bunch of tv, and… I didn’t smoke.

I decided not to go to yoga that day, and instead I stayed home and cleaned my apartment and took care of my body (sure, I wasn’t the HEALTHIEST by eating a big dinner, but I also didn’t eat very close to bedtime either), stopped watching tv before I went to bed, and randomly decided that I didn’t feel like smoking that day, so I didn’t.

This was the first day in over three months where no weed entered my system.

THE FIRST DAY IN OVER THREE MONTHS WHERE I WAS FULLY SOBER THE WHOLE DAY.

Fucking crazy.

Anyways, Thursday came around and I also got a lot of good work done and then I went salsa dancing! I showed up alone, sober, and ready to hit it! AND I DID. I already did a voice diary so I won’t talk too much about it, but basically after 2 weeks of going to dancing I am already feeling a huge sense of community there and meeting so many wonderful people and starting to feel really comfy in the space and in my body <3

I didn’t smoke when I came home.

2 days without weed.

Then, Friday came and I also got a lot of good work done. Then I went lap swimming with Noah and taught him how to do freestyle! I realized how much fucking swim knowledge I have collected over my lifetime -- and how I don’t want to take that knowledge for granted but instead I want to use this knowledge for my benefit and for the benefit of others!

My plan is to try to swim once a week from now on. It was exhausting, but it felt *so* good.

I came home and cleaned up my place and Kenzie and Jason came over and we all made dinner and ate on the floor and talked about what being selfless is and had conversations that fueled my soul and discussed how much we love each other and we all cuddled on my floor together!! It was beautiful and life-giving, and admittedly a bit exhausting but in a healthy way. Then I drove Kenzie home and came back to my place and ate some more banana bread and got ready for bed and didn’t smoke!

3 days without weed.

Then yesterday I woke up bright and early and picked up Varsha and met up with Jordan and went on a long hike in Golden to see the leaves changing colors! It felt really, really good for my body and I’ll admit I was EXHAUSTED after the sun and the exercise, but my body and soul felt very filled up (also Jordan is having a baby!!!). Then I did some homework for a few hours and met with Robin online to get some help, and then I cleaned up a bit and went over to Austen’s place for her birthday celebration! She invited me last minute after I invited her to my house warming the day before - and I am SO FUCKING GLAD SHE INVITED ME!!

So, at the party, I think I had 1.5 beers in total, and 1 drink of mulled cider -- so I was basically sober the whole time. Ross came over to me at one point (he’s SUPER fucking cute btw, but I couldn’t tell if he was seeing one of the girls who was there so I was trying not to overstep, but I do wonder if I should get his contact info….. hmmm….) and offered me some weed with tobacco and I gladly accepted, but honestly the 2 puffs of the joint that I had were just enough for a little pick-me-up (and a tiny bit of cotton mouth lmao) and enough to get a little nerves to go down, but it didn’t make me feel sleepy or incapable of being my bubbly and talkative self!

In fact, I almost felt like I feel when I’m on shrooms last night! I was really bubbly and warm and welcoming and outgoing and talkative and on my game mentally and happy and having a great time and hitting it off with a bunch of new friends both male and female!

I had an amazing night, and I was basically sober the whole time, and honestly I don’t count the two puffs of mostly tobacco as smoking. Because when I finally left (I was the 2nd person there btw and one of the last to leave!! So proud of myself!!) and got home around midnight, I didn’t smoke or eat or do anything bad for myself, I got ready for bed and listened to a podcast and went to sleep.

Day 2 of no tv for my weekend goals, and day 4 without weed.

HOLY SHIT!!

So that brings me to today.

Day 5 without weed, day 3 of my no-tv weekends… and I am feeling amazing.

I’m at Ozo getting some coffee, working on my homework for Robin’s class, and my body feels so filled.

I was invited to hang out with Kenzie and Jason with their friends from the farm today (and I’m sure it would be amazing) but I was feeling like I need some time to recoup, especially since the next 4-5 weekends I will be away and/or busy with friends!

So I’m going to try to finish as much homework as I can and then get some resting time in if possible…

While I am running my experiments for my homework though, I am going to use this opportunity to reflect a bit more on what has been happening in this past week!

First, I just want to say that my goal to create community for myself in my 25th year is already off to an AMAZING start before my 25th year begins. I have been putting myself out there hard core to try to meet the kinds of people who give me life, and I am getting there slowly but surely.

My ‘boulder community’ list is ever expanding, and I am inviting more and more people to this party that I am planning on throwing at the end of October.

I think it will be good practice for myself to not take the party too seriously, I don’t want to put too much pressure on it. But at the same time, I really do think that it is an amazing excuse for me to finally bring my people together to meet one another and to enjoy each other’s company, and for me to take a step back and see my people with my people.

To see *my community* that I am forming here in Boulder. Obviously, I’ll be missing some of my favorite people at this party, but that’s okay. Because this is just the beginning of something that is so much bigger than a single party. This is the beginning of me prioritizing finding my crew in this life. I am not longer settling for the people that I am in closest proximity to, I am no longer settling for feeling negatively lonely and community-less, I am no longer settling for surrounding myself with people who suck the life out of me.

25 years represents and symbolizes what could be a quarter of my time here on this planet, and I want to use this as an excuse for me to live into the best versions of myself that I already know are out there.

The versions of myself that are happy, optimistic, warm, welcoming, silly, and loving.

I think I have decided what I am going to do for my birthday…

Even though I have to be in class until 5:30, which is a bit of a bummer, I am going to race home after class and hop in my car and drive to Dream Canyon… and I am going to solo camp for the first time in my life.

I’m going to try to check out the place sometime this week to make sure that I know what to expect and so I can make sure I have a good spot in mind. And I’m also going to buy a warmer sleeping bag and I’m finally going to buy myself a tent (ooh -- perhaps a birthday gift?!), so that I am prepared for the day when it comes.

Then, after class, I am going to race up to dream canyon and I’m going to watch the sun set on my birthday, and I am going to spend time alone in nature, sober.

I’m going to push myself past my limits, and I am going to embrace the discomfort.

I’m going to go solo camping for the first time ever to ring in my 25th year!

Then, I’ll wake up bright and early with the sun on the 14th, and spend the morning moving slowly exploring the beautiful scenery in the mountains.

I can’t think of a better way to ring in my new year and my new intentions for this year than to spend some time to self reflect in nature. <3

It’s actually a bit ironic now that I think about it. My biggest goal for year 25 is to create my community in Boulder and in the world, and yet I am starting the year intentionally being incredibly alone. It is somewhat poetic. But I think it is necessary.

It also proves that I cannot and will not be able to cultivate the epic people that I want in my life if I don’t take care of myself and push myself and become an epic person on my own as well.

It makes a lot of sense.

It’s sort of like how I don’t think that I am good enough yet for the partner(s) that I hope to have in the future based off of the standards that I have set for those partners. And so if I want to manifest the most perfect partner for myself, I need to set myself up to receive that epic person.

Basically, I need to be the best me that I can be. And then, it will be much easier to surround myself with amazing people.

So, I am going to solo camp in dream canyon.

Then, I am going to spend a year cultivating and manifesting the community of my dreams.

I can’t wait <3

More soon.

~ Jess

24 (not for long!)