Dear Diary,

Well. I made it 82 and a half days. No weed.

This means I spent 178 days this year of no-smoking streaks.

There are 182.5 days in a year.

Including spaces between days of smoking over the summer and including the time I’ll still spend not smoking the rest of December, I have far surpassed 182.5 days of not smoking this year.

Which means…. ***I HAVE SPENT MORE DAYS WITHOUT SMOKING THAN WITH SMOKING THIS YEAR!!!!!!!!!!!!***

I’ll write more reflection later, but I wanted to write before this happened that this is a voluntary decision. I want to encourage myself to stop living my life in black and white.

No more absolutes.

My goal…. Is *balance*.

Time to go smoke.

More soon.

~ Jess

Age: 24