Dear diary,

How could something be so simultaneously good and bad for me?

Tonight was my last j for 100 days.

11:59 - 12:00 am.

I literally just took my last puff of Eric’s dab pen.

I am now officially weed free for 100 days.

It is Tuesday, January 21st at midnight. I will be weed-free until May. April 30th is the 100th day.

I am going to get the app NoMo and find my mom on it eventually.

I’m really excited for this change in my life.

It is time that I took action and started becoming the person I want to be again.

<3

I love myself. But I am ready to wake up loving myself again. I am ready to stop waking up and wanting to not be awake anymore.

I am ready to not feel groggy, or incapable of meeting new people or interacting in the best ways due to being too high or hiding that I am high from others.

I am ready to be *fully present* with those I am around, because I will always be mentally aware and mindful of my presence.

I am ready to take time for myself again and to really concentrate on what is important to me.

I am ready to **treat my body well again** and to give it the care and love that it deserves.

I am ready to feel healthy and happier and more energetic again.

I am ready.

100 days… here we go.

Jess

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