Dear Diary,

I think I might be slightly depressed in some way… I think there is a different version of me out there that is:

* On top of her shit
* Incredibly passionate about school and learning and research
* Always energetic and ready for more
* Never backing down from a challenge or quitting
* Constantly optimistic and encouraging others to be the same
* Outgoing and extroverted
* Thriving constantly
* Never held back
* Sure in herself so much that she can physically feel more empathy towards others
* Feeling genuine happiness from that fact
* Feeling more happy days than sad days
* Not remembering many sad days
* Waking up feeling *energized*
* Going to bed **ready** for the next day
* Going to bed **excited** for the next day
* Aspiring to make **real** and *positive* change in this world
* Doing whatever it takes to make that change a reality
* Surprising others and even herself
* Enjoying the little things in life
* Because I’m enjoying everything in life.

[Raging - KYGO, from New Me playlist on Spotify… I realized that I made this playlist when I broke up with Nick].

[Dream - Autograf]

It’s kind of ironic the name of the song is dream. I constantly dream that I can break out of this cloud and become this person I strive to become. I see this person on a semi-frequent basis. Though she never seems to stick around for long anymore. I feel that my head is in a constant dream like state. I smoke too much weed. I am high for a majority of the day when I can get away with it now. It can be okay for me if I use it in a healthy way, but this is not healthy. I am so passionate about the research that I’m doing this quarter and about some of the opportunities I have around me with extra time for once and I am literally filling the extra time I’ve dreamt of for so long on USELESS shit like going on Facebook or Instagram and even though I do think it’s good for me to be taking up hobbies like Guitar and Skating, I could just as easily continue those hobbies without being high for them and I think that I’ll honestly actually see significant improvement in both of them rather than decline and it will allow me to be able to actually get my stuff done for the rest of my days so that I can feel on top of my shit because I know that that makes me feel good and happy and positive and it’s the closest feeling I get to being the person I mentioned above.

Okay,

Rant over.

But really, I do think it is good to yell at myself in this way every once in a while. I’m too chicken to come out and admit to my friends what is happening because I’ve tried it a few times and each time I ended up not following through with quitting so now I feel like a burden to bring it up. (It also allows me to not be held nearly as accountable for my actions as I should be). So if I’m going to be getting into addictive habits that do **not** benefit my life, and not willing to share that fact with others, then I’ll have to be the one holding myself accountable and taking a good look at myself every once in a while. I am forcing myself to meditate at least every single day this upcoming week. It can even be just a one minute meditation. I won’t even force myself to be sober during the meditations. That’s up to me. But, I must meditate in some form at least every day this week. Starting tomorrow, Saturday January 27th.

I want to look at myself in the mirror and see looking back at me:

* **Healthy skin** because I am not putting **any** drugs in my body
* **No bags under my eyes** because I make sleep a priority, healthy and sober sleep
* **Muscles** on my body from never missing physical activity
* **A clear head** that can be seen by my smile and genuine happiness from practicing mindfulness again

This can be obtained by simple things. It starts with meditating (hopefully sober) to reclaim the passion for quitting smoking weed. Crave the feeling and rush of accomplishing life tasks and goals and getting steps closer to my dreams. What are my dreams?

* Travel
* Create **positive change** for others in the world,
  + Especially those who can’t be heard.
* Be **passionate** about what I do
* Encourage others to be *passionate* about what they do
* **Connect.**
* Feel.

**I am going to achieve these things.**

It all starts now.

<https://www.reddit.com/r/leaves/comments/51v4kb/would_you_eat_cake_for_every_meal/>

<https://www.reddit.com/r/leaves/comments/4w3s6p/weed_absolutely_wrecks_your_reward_systems_making/>

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