Saturday night, 9:55 pm, ready for bed, clean body, clean gut, clean room, clean mind - about to watch some Bachelor with candlelight as I wind down for the night. <3

Dear Diary,

**I am so happy**.

I feel so fulfilled.

My relationships are doing wonderfully.

My body feels *INCREDIBLE*.

I feel more *me* than I’ve felt since I was getting trained to teach yoga.

I feel so healthy. I feel so present. I feel so confident and secure and on top of it.

I feel refreshed, renewed, and revitalized.

I feel optimistic about life and the future, and also about the present moment.

I feel *good*.

In the last few days, I got drinks with Dylan to talk AI Ethics (and am now going to co-host an AI Ethics podcast with him?!?), got dinner with Paris and introduced him unintentionally to my entire house, did a game night with him, Julie, and Kyle, went and spent basically an entire day with Kyle hiking and relaxing in a hammock enjoying the outdoors, and then went and spent the morning / afternoon today with Matt.

In every interaction I had, all of the people I spent time with - Dylan, Paris, Kyle, and Matt - **they all messaged me individually to tell me how grateful they were for our time together and how much fun they had and how awesome they think I am**.

HOLY SHIT!!!!!!!!

I *really* feel like I must be coming into my true, full, best self - because clearly I’ve gotten to a good enough place that other people are enjoying me too.

I feel **so happy**!!!

I caught up with my mom today too and we shared so much about what is going on in our lives right now and it felt sooooo good to be able to be so open with her about mental and physical health.

I am so so so happy with where I am in life right now.

Even tonight I just hung out with Matt, Laura, Thomas, and Cynthia chilling and watching climbing videos on the projector at home and it was so casual and felt so nice.

I’m starting to feel like I am really on an amazing path here.

My 2 hour conversation with Matt today about astrology had my mind blown. I’m very curious if he is hitting on me or just a very personable friend… I’ll know more when I find out if he is still dating his girlfriend.

Also the sex that Kyle and I had in the hammock yesterday was honestly probably the best sex of my entire life.

There’s so much more I could say, but I’m going to leave it at that.

2020 clarity **FEELS SO FUCKING GOOD.**

More soon,

Jess

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