Dear Diary,

I called grandma today.

That’s called getting out of my own way.

If there are things in my life (actions, environments, thoughts, etc…) that I *know* do not serve me, all I have to do is change them. It doesn’t necessarily mean that a solution will be found immediately, but life’s an experiment right? Hypothesize, take action, observe, analyze, iterate, continue…

She’s doing well. Her cancer isn’t causing her pain, or at least the pain medications she is taking seem to work because she said even she is surprised at how good she feels.

Her mom died of pancreatic cancer. I didn’t know that before. I wonder if this is a genetic thing.

She was watching a documentary about Alaska. She said that she couldn’t live there, because everyone has to hunt all of their meals. She was narrating the documentary to me over the phone as she watched it on the TV in front of her. I loved hearing her voice.

I’m excited to start talking to her more regularly. This is what I wanted, it is what I need, and it will be really good for both of us.

I’ve been reading a lot of mathematical papers today about things like stochastic processes, simulating user interactions with systems, and detecting echo chambers from algorithmic actions…

I have never felt this mentally clear and focused without adderall in my system, possibly in my whole life.

It turns out that getting ~8 hours of sleep every night, not falling asleep to TV, doing almost-daily yoga, eating healthy food and healthy amounts, tracking my nutrition, making time for social interaction, making time to be outside, keeping my environments clean, and consistently working on my personal relationships + self love = better mental clarity and motivation than any drug could offer.

Okay, to be fair - I don’t think that any healthy alternative will compare to the mental focus I get from taking a stimulant, but clearly healthy and natural processes are **much** more sustainable + they make me feel amazing internally and externally. Whereas, adderall helps me for a day but tends to take a day of clarity away in the future as my brain recovers (and if I take more than 1 in a row, I get a few days of anger that come up randomly that I have to deal with).

I am loving not smoking weed so much.

Sure, I get cravings every once in a while. Like last night when I got back from dinner with Dylan I wanted (but not an intense amount like previously) to just curl up and get high and watch something and relax, but instead I dealt with those uncomfortable emotions by harnessing that energy into yoga. And it turns out I just had *excess energy*. I went **hard** in yoga class and it felt SO GOOD. During shavasana I was thinking about what last night would have looked like in my past. I probably would have gotten high at home, felt guilty about it and decided to go work out, and then done poorly in the yoga class, felt shitty due to doing bad at yoga, and then I wouldn’t have had any positive benefits from the night…

Instead, I was able to do good to my body by working hard in yoga and feeling good about being able to do well and work hard, and I was able to get a good night’s rest, not overeat, feel good about my decisions, and feel good about feeling good about my decisions.

OMG. It’s like the feedback loops that I am researching mathematically today! There are positive feedback loops that we want in life, and there are *degenerate* feedback loops.

I am retraining the model of my brain and my habits…

**I’m a fucking algorithm**.

LOL.

Okay, that’s probably taking it a bit too far.

I am feeling very nerdy today!

Honestly, I am just so stoked at where things are heading:

My relationship with Matt is very intruiging to me, and I am excited to know that he is someone that I can have around spiritually.

My relationship with Julie is amazing! I am so happy to have her as a roommate. She is so open and honest and loving/caring and she is so social and inviting and funny and energetic, she is a very positive influence on me.

My relationship with the roomies is good (and Laura and I are doing well especially after I apologized for the loudness the other day).

My relationship with Dylan is awesome! What a cool dude. I am so excited to host the podcast with him. He seems like me in another life..

It’s funny how the law of attraction works sometimes! I must be sending out some **crazy good vibe sauce** because the universe has been sending nothing but **craziness** in terms of coincidences and people my way!

My relationship with Kyle: I must admit, I’m feeling very fond of Kyle. But here’s the thing. I LOVE cuddling with him, sleeping with him, and feeling close to him. I love that feeling of being wanted and appreciated. I love feeling physically close to someone and comfortable with someone and in someone’s arms…. But I still am unsure if I’m attracted to him. He is a wonderful guy, but his lack of showing emotions + his being the opposite of the kind of guy I am usually attracted to (tall + dark features). It makes me wonder if I should be emotionally investing myself in him. I think it’s good for me to feel the oxytocin and happy emotions that are felt when I am with him, and to have that outlet and someone who I know I can trust and confide in… but I don’t want to accidentally lead him on too much if I know deep down that I feel this way. I guess this doesn’t have to be something I worry about though unless I get an indication on his end that he wants something more (which I haven’t even slightly received from him… helps that he shows no freaking emotion!!) So honestly, if he’s feeling the same way about me, then maybe it’s a good thing!

I’m going to submit the application to intern for Lacuna next week. I think I have a really good shot at getting it.

Honestly, I have been so conflicted about the idea of going to Palo Alto - it made me realize how much I was wanting to go just to be with Sam… which is crazy because I shouldn’t revolve my life around him. I think it made me unintentionally treat him shitty this week because I was almost subconsciously blaming him for my own decisions to be based on him… which isn’t fair at all.

After I realized today though that my summer is 15 weeks long and I only need to be in Palo Alto for 10 of those, I am feeling much better about the idea of going there. Then I could do 10 weeks at the internship and spend the other 5 traveling (or even better - traveling + working remotely to make more $$$$$!!!!).

It would also be *amazing* to get the chance to work with Wesley and Max! I think I would learn so much from them.

All in all. I am just so **proud** of myself. I’ve been coming to life everyday with my truest, most authentic, most present self lately - and I feel myself evolving into the best me.

I’m feeling less nervous about social situations. I’m feeling on top of my game academically and professionally. I am showing up for my relationships. And most importantly, I am showing up for **me**.

20 fucking 20 clarity BABY.

More soon,

Jess

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