Thoughts after morning meditation:

I am a strong person.

I need to stop beating myself up so much for what happened with Nick. I’ve apologized to his face now on multiple occasions, and he is really happy. Much happier than either of you would be if you were still dating each other.

I’ve done incredible things in the last two years that I would have never done if I hadn’t been single and had the opportunity to grow into the person that I am today.

In the past 3 weeks, I have gotten closer with and had heart-to-heart conversations with:

* Morgan
* Eric
* Wesley
* Paige
* Margarita
* Trevor
* Nick
* Claudia
* Rob
* Matt

The last six of those were in the last three days.

I’m growing so much as a person every day. I think the key and secret to pulling me out of depression and sadness and bad habits in my life is going to be two main things:

1. Self Love
2. Connection

I’ve been working on the connection piece of things so much, and it shows. My relationships with those around me have never been better. I’m working hard on making time for people in my life, and I’m trying to make sure I’m still making time for myself as well.

The relationships that have crumbled around me in the past are a direct result of not being intentional about staying in contact. It’s so stressful for me to have relationships that were once strong that no longer are. Especially if I miss that person and I still love who they are.

I am so candid and open with friends, and I can tell that I’m getting to be in a better place every day because I’ve started to compliment people more. As I grow more mentally stronger and nicer and more accepting of myself, I will do the same to others - and I have been.

It feels amazing to be as aware of myself as I have been.

I’ve still been smoking everyday, but it hasn’t taken over my day. I still think about food often, but not incessantly. I know it’s a battle that will be long faught, it is impossible to break certain connections to thoughts, behaviors, and emotions in my head that have been there for what seems like a lifetime.

But I’m working on things. I’m getting better.

I think running into everyone last night was great. I’m so glad that everyone is doing so well. Especially Nick. All I want for him is happiness in where he is in life, and I think he found it.

I hope in the future I may be able to stay in touch with him, but if I am not able to, then that is just how things were meant to be I suppose.

Either way, I know who I am and I know what I want and I know what I need and I am so grateful for what I have.

Things are really looking up.