Dear Diary,

I’m going to make this quick - because I need to get back to prepping for the class that I’m teaching next week. But I felt like I should write this down.

Whenever I am going through an unhealthy time, I tend to not journal much, I don’t really feel all that motivated to capture my inadequate lifestyle.

But I will say - damn it is easy to fall off of the wagon. It has been less than a month since I started smoking again and I already can’t go a single day without smoking. I think I am realizing that my all-or-nothing mindset is going to prevent me from finding a balance when it comes to weed right now.

Maybe I can convince Eric to take a tea-break with me so that I will feel motivated to be good to my body and my mind…

Right now I just feel a bit like I am in a mental cloud. I wake up and I am groggy and sleepy. This isn’t what I felt like when I was sober.

I hope I find health and peace soon.

At least I’m learning to stay unattached to outcomes.

I’ll accept whatever the universe sends my way. But right now, it’s sending me some curve balls.