Dear Diary,

I am so happy!!!

My salsa has gotten **so** good. I literally crave dancing salsa now throughout the day… when I did my private lesson yesterday, Sara and Alejandro had me teach them, and they kept telling me how impressed they were with me (and other nice things that I unfortunately couldn’t understand..)

My spanish is getting **so much better!** Even Jafeth from the hostel told me that my Spanish was *sexy*. Fucking sexy! That’s a dream to hear that from him. He told me he was going to intentionally talk to me in Spanish now to hear me reply in Spanish so he could hear my voice.

Both Wesley and Dad are coming to stay at Rossa Palma!! In this past this would have been something that would have stressed me out, but now I am honestly just so excited to get to see family, to introduce them to the friends that I have made here, and to finish out my international travels with a **bang**. PLUS, I accomplished something that I didn’t think would be possible during my travels… I got Wesley excited about traveling!

Now he is not only visiting a foreign country on a whim, but also staying in a hostel, staying here for 2 weeks, and seriously considering dropping everything and moving here… I’m so proud!

I’m back to my normal self again. I was in a bit of a funk the last two weeks, some days better than others… but I am coming out of it baby!

I can tell when I’m in a funk because I usually try to hide what I’m doing. I end up sneaking around, whether it’s to eat extra food or to smoke… and I don’t want to interact with anyone or make plans on a whim.

When I’m coming out of the funk, I can tell because I stop hiding anything. If anything, I probably share too much. I start to say yes to plans again. I start to *make* plans, and try to invite as many people as humanly possible.

I feel confident as a yoga teacher. I feel the ability to create a safe space for people, and to create an open and explorative *experience* for them.

I want to be healthy again, but I don’t judge myself when I’m not. I’m realistic and idealistic at the same time.

I’m making moves on my career and networking as much as I can, but I’m not letting my professional life here consume me. I’m prepping for the PhD and knocking items off of my to-do list without letting myself feel stressed about anything.

I try to interact with everyone in a way that is genuine, open, and kind. I want to let people feel comfortable and at ease when they are with me, even if I don’t always feel that way myself.

I let my day take me as it goes. I plan out the things that I need to plan, but at the same time I allow myself to be impulsive, because I’ve recognized that making split-second decisions is important to me, and allows me to feel spontaneous.

I am financially fiscal, but I recognize when I need to spend more sometimes.

I take responsibility for my actions, but I don’t blame myself unnecessarily.

I want to help others *selflessly*, without anything in it for me.

I am recognizing that even though the end of my travels are coming soon, I refuse to live a normal life. Even though Colombia cultivates craziness… I believe that I can find my own version of this back in the USA.

If I tap into the right communities, I can feel fulfilled as a hippy. If I network my ass off, I can feel challenged socially. If I lean in to opportunities, I can place healthy pressure and challenges on myself academically. If I continue this life that I have manifested abroad, my life can be fulfilling and **full** no matter where I am.

I’m already beginning to feel reflective about 2019.