Dear Diary/Journal/Thoughts,

There is so much that I need to work through and say and write out… I’m not even sure where I should begin so I may just start to word vomit and hope that I touch all of the bases.

I miss Lazare. A lot. I wasn’t expecting to feel this way, but I really really miss him. I think there are a lot of reasons why, but the biggest one is that I’m finding he was subconsciously pushing my motivation and drive to achieve great success in my life.

He was the driving force for why I started taking cold showers in the mornings. This is one of the daily routines that I actually will continue easily on my own though because it makes such an amazing and positive difference in my life. When I take a cold shower, I instantly feel awakened and refreshed. I can feel my eyes open wider, my brain fog slowly melt away between the spot the divides my skin from my skull from my actual brain. I can feel my muscles tense and tighten, but relax at the same time. I can feel my metabolism skyrocket and my endorphins rush in. I feel happy and energetic and ecstatic to be alive. I want to sing and dance and jump and move. It feels fucking amazing. And Lazare is the one who showed me that.

Besides cold showers, I felt like I was motivated to wake up earlier and get more things done during my morning. That included working out, meditating, writing down my thoughts, setting goals for the day, cleaning my environment, getting to work early, being awake mentally before getting into the office, or anything that involved starting off the day early. I definitely want to make sure to continue to implement this into my daily routine still. In fact, if I can swing it for the rest of the summer I want to try to wake up at 6 am. I think my mornings will mostly just consist of working out, but just starting the day earlier is much better for me.

I feel like I was crazily motivated in terms of my career. That was probably mostly instigated from finding my dream job online as a Tech Fellow for AI Now and me wanting to get my application in before it was too late, but regardless I felt like I was pushing myself harder than ever before for perfection in that regard, and I know some part of me was motivated knowing that Lazare enjoyed watching me be so focused and goal oriented. I wouldn’t have stayed in the office nearly as long every day or in the specific locations I was in if I wasn’t hoping to run into him or spend time with him. I want to make sure that I continue to push myself for my career goals and also for side projects/passions/anything outside of work just as much if not more than I did while I had a second pair of eyes on my life.

I need to start trying to impress myself.

Dating Z showed me that when I have someone to impress, I am capable of reaching insane potential using some inherent motivation that I can tap into. If I shift that perspective away from motivation-by-boy and instead motivation-by-self, I can achieve some amazing things. I need to try to impress myself. If I wake up every day with the same motivation I had to impress Z with the goals I was striving to achieve and the everyday routines that escalated me to my peak state but instead geared towards impressing my own self, I think I will not only reach the same amazing potential that I was before, but I’ll also gain more self love along the way as I achieve the things that I have always wished to do.

Update: An hour later… I’m still at work. I’m holding back tears. I can’t believe how much I miss him. How did I not see this coming?

I’ve always been the one to leave. I’ve had something new, something changing, something big to keep my mind off of things. I’ve always had someone to immediately hook up with. Someone I was more interested in. I don’t have that right now.

All I have is my own head.

I’m stuck in it.

I want to not smoke weed anymore. I’ll do it every once in a while with my friends when they want to have smoke nights, but it will be for special occasions. Without weed I am :

* More productive throughout the day
* Able to wake up more easily
* Able to function on less sleep
* Able to recover my body much more quickly and efficiently
* Able to work out at a more advanced level
* More energetic and craving exercise throughout the day
* Able to reflect more because I have more brain space / power
* Not foggy during the day, much more clear-headed
* Less inclined to feel any sort of self hate
* Less inclined to binge or eat when I’m not actually hungry
* Less inclined to eat unhealthy things for my body
* More motivated to be productive
* More goal oriented and overall organized throughout my day and in life in general
* Clearly more healthy in terms of skin blemishes, glowing instead of drained skin, bodily functions, overall happiness / dopamine levels
* A better person towards myself and others
* Able to remember what people tell me and memories that I create

I think Z drove me to want to smoke less because he hates weed so much. Since I was never able to smoke while with him I got used to hanging out with sobriety. It was really nice. I forgot that I can stay up really late and function on little sleep and actually remember the conversations that I had and the subtleties of someone’s personality. I need to keep this as a part of my daily life. I’m at a very important intersection right now between slipping back into a bad place and allowing unsustainable habits to run my life and numb any emotions I am feeling, or diving deep into a healthy lifestyle and mentality and breaking free from the bonds that I slowly formed over my entire lifetime.

I am ready to break free of these bonds. I will move past this hardship and heartbreak and confusion with positive mentality, a healthy lifestyle, loving friendships, caring connections, happy days, and the utmost self love.

I am finally independent and free.

There are no men right now that I have any sort of sexual relations with currently.

I have time before work, during work, and after work to cultivate:

* Exercise
* Morning routine (possibly the 5 am club)
* Meditation
* Spirituality and yoga
* Writing
* Passion projects
* Side projects for my career
* Reading
  + (this is another thing that Z definitely jump started me on again as well. I’m incredibly grateful for this one because I think this is going to be one of the biggest benefits to my overall life. In fact, I’m going to try to incorporate reading books, articles, and important things into my persona)
* Goal oriented thinking (on a daily basis)

I’m going to implement this stuff into my daily life.

I’M GOING TO DATE ME FOR A WHILE.

I’m going to date myself and learn to impress myself every day. I’m going to slowly gain an indescribable love for myself. I’m going to learn about myself and ask questions to myself and do the things that I love and discover the things that I love. I’m going to choose myself over others and be selfish with my reasoning at times. I’m going to do whatever it takes to make me happy. I’m ready to start this new relationship. As of today, I’m taken for a while. It’s time to rediscover who I am, continually remember who I want to be, and do whatever it takes to get from point A to point B.

I love you Jessie.

<3