Dear Diary,

I’m going to just write for a brief 5 minutes here.

But I wanted to say that I’m really proud of myself right now. It’s actually kind of weird how when I find myself looking more negatively at my physical appearance, I tend to do amazing things in terms of making moves in my life.

I just published my first medium article ever and it was immediately picked up by a company called Towards Data Science to be published on their page. I find that I’ve been really negative towards myself this week because I’ve been smoking for the past few days, I haven’t been able to work out as much because I feel sick, and I haven’t been getting as much sleep as I would have liked. But in that time, I’ve written this article, made four different episodes of a podcast, edited and uploaded videos of me making music covers finally in my life, as well as hanging out with friends and still proactively working towards getting ready to apply to grad school.

Sam had a conversation with me last night about how much he respects me. He told me that I’m making real moves in the world, and not only talking the talk but also walking the walk. When he said that I felt so good inside. I think from Sam especially that was pretty meaningful because he is the kind of person that doesn’t necessarily blatantly say that he thinks I am smart. In fact, I think that he’s aware that I’m not nearly as smart as him when it comes to coding - but he at least acknowledges that I am a very hard worker.

When we talked last night though it was the first time I think he truly realized how my hard work is paying off in terms of me creating a future that I want to live. He even reassessed his own life to see if he was aligning his actions with the goals that he has in mind for his future.

I was happy to know that I inspired him in that way. And it made me realize that I definitely should be a little bit more proud of myself. I’ve been doing some great work this past year. I’m actually incredibly impressed with a lot of the projects, work related or creative in nature, that I’ve been able to start, work towards, and finish.

I know that with constant practice towards productivity, positivity, and manifestation I truly can live the life of my dreams.

I love myself.

I love my life.

Things are good :)

~ Jessie J Smith

Age - 21

PS

I was watching videos of myself from when I was depressed last winter. It’s weird seeing how in my head I was. It’s clear I was not mentally happy or okay with myself. It’s definitely eye opening to look at those on a day like today where I felt a little bit negative and off as well. It just goes to show that I can learn from my past and try my best to be as positive, uplifting, and loving towards myself as possible. <3