Taken from the notes on my phone: @ 12:11 pm

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Another Thought:

I magically harness the energy that flows in my body

The element that flows through living bodies, the energy is ki and monks make careful study of this

I don’t typically hang out with girls cause I compare myself too much to them. Much easier to just hang out with guys. Goal for tomorrow - don’t compare, simply acknowledge, admire, and appreciate with out judgement about yourself. Be happy for others selflessly. ♥️

Realizing that I can speak up for what is important to me without causing tension or anger. Peaceful resistance 🙏

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