Dear diary,

Trying to make journaling feel like less of a chore so I’ll make this a quicker entry.

Though the atmosphere around me is really incredible, so who knows -- maybe I’ll stay for a while.

I’m on my treehouse porch, it’s 8:27 pm and it’s pitch black outside. Yep, it’s already dark at 8:30 and it’s barely September. It’s also getting colder in the mornings already too. I find myself getting cold and waking up around 7am because my fan is going and my windows are open… but then I still fall back asleep. I imagine I won’t be able to do that for much longer.

The crickets are chirping loudly. It’s one of my favorite things about this place.

Experiencing the days getting shorter in the Fall is a really unique feeling. I have felt it many times in my life, but I don’t think I’ve ever attempted to truly take in nature as much as possible during this time. I had a pretty negative mindset about the seasons turning to Fall in the last two years. Heck, even in the last week I was feeling negative about it.

There’s something existentially dreadful about experiencing the days getting shorter so rapidly.

It makes my body naturally want to hibernate and take some time away from the world and from people. It makes me want to eat more food and store up my fat reserves. It makes me feel lazy and lethargic and slightly depressed…

Though, I’m sure that my bad habits in the last week didn’t help with that.

Actually, I felt myself falling into a real slump in this last week. Didn’t take care of myself, I kept falling asleep watching shitty reality tv, I kept over eating and smoking constantly -- starting around the afternoon.

I felt like I was actively experiencing my lifeforce slip away from me.

Then, I decided to turn that shit around.

I started pulling tarot cards each day to give me something to focus on.

I started smoking CBD joints with lower amounts of TCH so I didn’t get stoned off of my ass.

I spent 24 hours straight basically entirely cleaning my apartment and getting my car in order.

I got some GOOD, productive sleep.

I sent myself loving thoughts and affirmations.

I started taking care of myself, and my environment.

And now things are better.

It’s that easy.

Do all the things I know that I need to do to feel happy (e.g., listening to HAPPY music instead of DEPRESSING music) and it *worked*. I got happier.

Don’t get me wrong, I still feel a bit of existential dread on the regular. And it’s only been a few days so making sweeping generalizations about my life is probably premature, and I did just take a bong rip of more potent weed…. *But* to be fair, I deserve it. I honestly am so proud of myself this weekend. It was a long labor day weekend and going into it I was terrified that I was just going to smoke the whole time and binge the whole time and not take care of myself and come out of it in a sleep deprived daze that would leave me wildly unprepared for next week and feeling low and depressed and spiraling out of control for the Fall.

Instead, I feel wildly prepared for the week! I gave myself much needed time off this weekend to rest my body and my mind, and I got amazing sleep, I barely smoked at all, and I took care of my body and my space! I feel very fulfilled and happy that I took advantage of this time to set myself up for success :) And not just short term success either. I am feeling a newfound sense of motivation to fucking KILL it right now!

I will admit that socially I am feeling more like a fish out of water, and I think that is in large part because of the changing of the seasons… but that is *okay*.

I have a crazy plant swap lingerie costume fondue something else party at the Baylor house next weekend and I am SO EXCITED.

I spent today with Courtney and Christian’s people at their labor day pool party and felt SO LOVED. \*Actually I just took a moment to pause to send her a message of gratitude -- this was it\*

*“Just another quick note to say thanks again for hosting today ❤️ always such a pleasure to spend time with you and your people — and I LOVE your community! I always leave your place feeling so warm and loved and full! Y’all brighten up my life ☺️”*

I do genuinely feel that way around Courtney and Christian’s people. And around a lot of the Baylor house people. I love that I have been able to join these beautiful communities. I think one of my biggest goals during my 25th year around this world is going to be to really focus my efforts on cultivating and nourishing the community of my dreams. I’m not sure how yet, but I think even the simple act of writing it down is enough to begin the manifestation!!

I also absolutely loved my time hanging out with Paris and his friends (minus the fact that I think he is still obviously trying to hit on me and I’m not really into it…) and I LOVED hanging out with Samantha, Ronnie, Noah, and Laurie on our hike on Saturday! It was the most comfortable and happy I’ve felt with any department people hangout before and that felt AMAZING.

See? Just gotta cultivate the good folks that I want in my life. And then put in work to keep them in my life.

Also loved dipping in the creek with Kenzie. I love how much love we give each other, but I do know that she is still a bit of an energy vampire and so I need to limit my time with her (same with Julie). But even then, the love that they give and the effort they put into our relationship gives me life and that in itself is worth cultivating.

Also, Claudia and my relationship has been AMAZING recently.

I am so so so so so so so so grateful for her in my life.

I am so excited she is coming back to visit me again!!! <3 <3

Okay, that is all for now because I am HUNGRY and I’m either gonna make a dinner or make a microwave burrito (who am I kidding obviously I’m gonna make a burrito)..

But I’m here to say that I am healthy, happy, fulfilled, full of love, ready to give my love, and so so PROUD of myself!!!

Here’s to continuing trying to become the absolute best me that I can be, and to make sure that I live this life THRIVING as much as humanly possible.

More soon.

Best,

Jess

Age: 24

P.S. I think I want to start volunteering somewhere. I’m not sure where or what yet… but I also want to put that out in the universe to hopefully manifest it. My tarot cards told me today (5 of bowls/cups) that I am ready for that, and I agree. I think I just need to decide where my efforts will best go :)

<3 <3 <3 <3 <3