

Thursday, June 17, 2004 – 6:02 a.m.

It never seems to fail that during this time of the year I seem to experience sleep deprivation. I always have so many thoughts racing through my head at speeds unheard of, and unstoppable by any means. I'm out of Nyquil to put me to sleep, and if I take a sleeping pill now, I'll be so groggy when I wake up that I won't be able to accomplish what I need to before work.

I have so many things weighing on my mind now that it is difficult to calm my thoughts and lay them to rest. While I'm not quite as frustrated as I have been over the past few weeks, I am still not clear on where I am going. I try to tell myself that it's all going to work out, but there are times when even I don't my "everything happens for a reason" philosophy.

I'm still so dissatisfied with my work situation. My new job at Vivo is going well, all things considered, but it is making me appreciate even more the things that I loved about P.F. Chang's. Of course I don't miss the negative bullshit that I had to endure when I was there, but I've come to realize that bullshit is going to be everywhere I go. I know I am powerless to change anyone but myself, but it is so hard to focus on this truth from moment to moment. I definitely miss the people I worked with at P.F. Chang's. Even though I didn't always like the things they did or the way I felt I was treated; deep down, the bonds that I made with the employees and managers at P.F. Chang's are what I valued most about my time there, and what I miss the most. I try to convince myself that I am only frustrated in my new job because my knowledge is very limited, and that as my knowledge increases, so will my job satisfaction. I'm just not sure that I want to devote the time and energy or dedication to Vivo that I did at P.F. Chang's.

There are so many things that I want to change in my life, and so many things I want to be better at, but no matter how hard I try, I always seem to find a way to sabotage myself by the actions I take. If I did half of the great things I think about doing, I would have already succeeded by my own measures, but yet I would rather talk about them, and then have regrets later for not doing them.

Today is the New Moon Power Day, and will be the fourth month in a row that I've made a wish list of ten things I want to change in my life, not that I've really seen any of them come to fruition. Maybe I should wish for less skepticism and more faith in my life, because I certainly haven't found a way to abolish my fears of scarcity and success. Maybe I am in a process of redefining my definition of success, or maybe I'm just going insane. One thing is for certain, if I don't find an outlet to express my feelings and thoughts on a regular basis, like my journal, I will definitely be in a mental institution before I have my 27<sup>th</sup> birthday in a few months.

I have decided that today (beginning with this moment), I am going to focus on appreciating everything in my life. Today will be a great day of appreciation. I have so many things to be thankful for, yet I always seem to focus my attention on the things I do not have, which I know only exacerbates my lack thereof. It always boggles my mind

how I am the first to point out the bright side to everyone who tells me about a problem, but when I analyze my own life, I find great difficulty in this task. I know that being a Virgo means I am discriminating by nature, therefore my eyes are always acutely aware of the things that are no longer working. The challenge lies in my noticing what I don't want and then switching my attention to the things I do want.

In my journey over the last month, I have definitely been made aware of my values, which I know will be beneficial to my growth, but it is an extremely frustrating process nevertheless. One day I know I will look back on this period of growth with reverence and appreciation. That doesn't, however, stop me from wanting the frustration to end NOW. I have to acknowledge there will probably always be a part of me that will want to give up and quit this life, to lie down and stop trying. My ideals have always disappointed me, or rather disillusioned me. Unfortunately, whenever I am faced with the heartbreak of disappointment, I somehow always find a way to pick myself back up and look to the future with grand optimism. I can't give up. As much as I would like to sometimes, I know that things will work out. They always do.