

## REMEMBER: YOU CHOSE THIS PATH

1. Problem: The constant feeling of perpetual loneliness.
2. Insights from walk: Going out and speaking to people, talk to my classmates, crush my feelings with work, deal with it and accept that i'll be on my own for a while.
3. Acting On Insight: This Friday, I'll go to chipotle and try and make small talk with someone, I will set something up with my current friend, Next Monday when I have class I'll sit next to someone and speak to them, Instead of letting the feeling of loneliness take over I will crush it with gratitude for everything that I have, it's part of the hero's journey to struggle and this is the universe's way of making me struggle.