

I need new:
Non-leather chair
Non-leather shoes
Non-leather Swatch-band
Non-lanolin supplement
Non-lanolin sanitary wipes

Esperanto

Sunday:

Wake up, DDR, breakfast, clean, shower	6:30
(Shopping then shower) or (Precalculus)	10:00
Cooking, Lunch	1:00
Python	3:00
Read Book	5:00
PMV while dinner	7:00
Video Games, exercise	9:00
Sleep	10:00

Monday:

Wake up, DDR, shower, breakfast	6:30
Precalculus	8:00
Play erhu	11:00
Lunch, Esperanto	12:00
Python	1:00
Read Book	4:00
PMV while dinner	6:00
Video Games/Horror Movie	8:00
Sleep	10:00

Tuesday:

Wake up, DDR, shower, breakfast	6:30
Precalculus	8:00
Play erhu	11:00
Lunch, Esperanto	12:00
Python	1:00
Read Book	4:00
PMV while dinner	6:00
Video Games/Horror Movie	8:00
Sleep	10:00

Wednesday:

Wake up, DDR, shower, breakfast	6:30
Precalculus	8:00
Play erhu	11:00
Lunch, Esperanto	12:00
Python	1:00
Read Book	3:00
Video Games/Horror Movie while dinner	4:00
DDR	6:00
Sleep	10:00

Thursday:

Wake up, DDR, shower, breakfast	6:30
Precalculus	8:00
Play erhu	11:00
Lunch, Esperanto	12:00
Python	1:00
Read Book	4:00
PMV while dinner	6:00
Video Games/Horror Movie	8:00
Sleep	10:00

Friday:

Wake up, DDR, shower, breakfast	6:30
Precalculus	8:00
Play erhu	11:00
Lunch, Esperanto	12:00
Python	1:00
Read Book	3:00
Video Games/Horror Movie while dinner	4:00
DDR	6:00
Sleep	10:00

Saturday:

Wake up, DDR, shower, breakfast, Erhu	6:30
Erhu	9:00
Pistol	11:00
Video Games/Horror Movie while lunch	2:00
DDR	4:00
Sleep	10:00

Clean room
Clean bedroom
Clean bathroom
Leave for car wash and mall
Danbury DDR

Precalculus
Latin
Esperanto
Logic
Chemistry
Physics
History

Desires:
expert on "soldiers"
"infantry"
parkour
learn python and program games
write stories
instruments
1970s horror movies
become skilled in philosophy
pedophilia
learn esperanto
try being homeless
Correspond with someone you like, such as the writer of X movie.
Parkour and gymnastics
Appalachian Trail
Cross-country skiing
Visit Crypts

01. You will be FAT if you eat today, just put it off one more day.
02. You don't NEED food.
03. Fat people can't fit everywhere.
05. You'll be able to run faster without all that extra weight holding you back.
06. People will remember you as "the beautiful thin one".
07. If someone has to describe you, they'll say "oh she weighs like 90, 100 lbs".
09. Starving is an example of excellent willpower.
10. You will be able to see your beautiful, beautiful bones.
11. Bones are clean and pure. Fat is dirty and hangs on your bones like a parasite.
12. If you eat then you'll look like those disgusting, fat, ghetto and trailer-trash hookers on Jerry Springer.
17. Anyone can have "inner beauty" but few can earn real beauty, inside as well as out.
18. You'll be able to move as quietly and skillfully as a spider.
19. Only thin people are graceful.
20. If you slap a fat person you can see a shockwave ripple over their skin. That's disgusting.
21. Do you want people to say "for gods sake get off me you're crushing me!!!" or "you are sooo light" ???
25. I want to walk in the snow and leave no footprints.
26. Starve off the parts you don't need. They're ugly and they drag you down.
27. Nothing cant be fixed with hunger and weight loss.
31. Have you ever seen a person NOT notice a walking skeleton.
32. Nothing tastes as good as thin feels.
33. Is food more important that happiness in life? I think not!
34. Eating is conforming to everyone else's expectations.
36. Hunger is your friend and it won't betray you like food.

37. Food is mean and sneaky. It tricks you into eating it and it works on you from the inside out making you fat, bloated, ugly and unhappy.
40. Thin people look good in ANY kind of clothes.
41. Food rots your teeth.
42. Puffy cheeks, double chins and thick ankles— aren't attractive.
43. Fatty areas stretch and sag as you get older.
44. Ever seen the arms of a fat person wave hello or goodbye?
45. Eating little to nothing saves you money!
48. Big people sweat more and they smell bad.
49. Fat people die earlier.
50. You'll be the envy of all the other girls.
51. All of the guys will want you.
53. You won't be exposed to all the chemicals and pesticides they put in food today.

depredation
vicarious
absolve
doctrinaire
impuissant
impute
unctuous
ecumenical
excrecence
chalice
abet
torrid
truculent
succulent
accost
attenuate
picaresque
circumspect

nebbish
moribund
maudlin
mercurious
antediluvian
supernal
high dudgeon
indignant
obdurancy
accretion
pertinacious
contumelious
proband
languorous
perspicacious
distend
aver

apostasy
stultify
harangue
gauche
ingratiating
educe
demur
nadir
intransigence
incisive
militate
inveigled
aetiology
denunciatory
prurient
metastasize
indigent
convocation
eminent
invective
impious
antipodal
antipodean
abstruse
recondite
paucity
guile
beguile
guileless
abjure
rebuke
trenchant
dearth
repatriation
affront
percolate
jejune
expiscate
atavistic
adroit
emaciated
extenuate
elegiac
elegy
ebullience
raillery
belabor
maladroit
auguste
decadent
corpulent
animus
pneuma
abase
abashed
diachronic

impasse
depraved
courier
topical
nascent
miserly
recondite
adumbrate
palpable
docile
assiduity
assiduous
convocation
impunity
conjugal
preponderation
admonish
albatross
trepidation
parsimonious
virulent/virile
epicurean
diametric
salable
grandiloquent
parapraxes
riposte
repartee
plebiscite
referendum
abstruse
cogitate
decoupage
vignette
corpulent
disparate
hapless
vignette
sacrosanct
parsimonious
vagarious
repose
demur
impropriety
aggragate
aggrandize
anophthalmic
squalid
pallor
hermetic
replete
spurious
stipend
affront
picayune
exiguous

pittance
saboteur
proscribe
controvert
redress
penance
insouciant
souciant
perspicacity
languish
petulant
flippant
fiefdom
corpulent
flange
plasticity
innervate
enervate
apropos
Ecumene
resplendent
recrimination
fanciful
saprobic
ascetic
ebullient
rote
joviality
sordid
anathema
vicarious
tableaux
somniaulant
indolent
pederast
impunity
imbroglio
gracile
duplicitous
palacial
verdant
egregious
gregarious
daunted
undaunted
bocage
panegyric
repertory
neurasthenic
pugnacious
pungent
fetid
antipathy
reconciliation
epicenter
reductive

sojourn
auspice
demarcate
excoriate
transfix
irreverent
reverent
denouement
providence
besmirch
congruence
subterfuge
consign
pavilion
entreat/beseech
fulcrum
superintend
decadent
waif
stratification
stratify
strata
inexorable
interdiction
interdict
lurid
somber
sanctimonious
parochial
petulant
homozygous
proximate
paragon
consternation
privation
propriety
proprietor
hoary
asylum
unbecoming
exodus
pylon
commensurate
stymie
bedevilment
modicum
trappings
amenity
convalescent
delimit
trenchant
ballywick
shole
ensconce
commiserate
garner

preface
uncouth
permutation
disparate
avuncular
jettison
ballast
taciturn
paunch
galvanize
malaise
portend
moor
specious
impertinence
evinced
oblique
explication
impetus
capitulate
facile
wherewithal
equivocance
accord
rankine
extirpate
assuage
renege
evinced
prescriptive
proscriptive
palpable
inscrutable
prowess
multifarious
farrow
incumbent
nexus
till
symposium
predicate
squallid
assailable
unassailable
perdition
cavalcade
beleaguer
happenstance
limn
amenable
alacrity
sagacity
juxtaposition
prevaricator
beholden
saunter

tortological
vener
actuarial
crescive
vivid
livid
tandem
subrogation
endemic
contenement
constabulary
exude
calcify
predation
retrograde
vener
besmirch
convivial
apropos
profer
apodeictic
epidictic
epideictic
somnambulism
edifice
erratum
abrogate
apoplectic
indignant
contingent
explicate
tort
approbation
anathema
formant
foment
brusque
commodious
denigrate
reproachful
manifest
manifold
recompance
vituperative
vociferous
arraign
salacious
surfeit
grue
inchoate
evocative
retort
incurable
hallowed
photogenic
soporific

effusive
arbiter
ribald
facile
dilettante
scintilla
noncommittal
salient
spurious
adumbrate
tempestuous
visceral
effete
denotatively as well as connotatively
exult
interminable
emissary
iterative
scion
quiescent
jocular
eschaton
anesthetized
torbid
coeval
eval
facile
efflorescence
demiurge
exculpate
sacrosanct
quotidian
hirudinoid
supervenience
tenebrous
invidious
etiologic
elide
apodictic
conspectus
ornery
immanent
apostasy
umbrage
senescence
vagary
dole
milieu
largesse
distend
purview
perdue
purport
alterity
exoteric
epicure

volition
perponderance
extricate
minutia
veneer
mercurial
subsume
subsumption
fustian
turgid
inure
spoliation
terse
venal
tithe
menagerie
genuflection
privation
mirth
ballast
epicurean
ratiocination
cherub
oblation
abasement
catechumen
schism
admixture
aegis
volition
protege
tortious
disavow
progenitor
palliative
amply
ersatz
anent
provincialism
succor
antechamber
indigence
malodorous
bated
mendicant
abstemious
venal
restive
starveling
gentry
tupid
torpid
adumbrate
acidulous
arrogate
nugatory

canard
bulwark
subduct
preponderance
pocourante
credence
probity
accoutrement
vitiate
perspicuous
extrude
extrusion
ineluctably
supplant
vie
putative
recalcitrant
actuarial
indemnify
irenic
salubrious
bonny
frowzy
gamine
mesmeric
miasmatic
moschate
pulchritudinous
mephitic

Things to do with a friend:

Trail
Pleasure Beach
Zoo
Shopping
DDR
Shooting range
Board Games
Video Games
Movies

The only place where it existed was in his head, and if he didn't do something soon, it would be lost forever.

Don't ever be doing nothing. Think of life as an RTS. You should always be doing as much as you can. Treat yourself like your child. What would you prefer for your child to be doing?

Listening to the The Beatles song Nowhere Man...

I think this is a valuable observation:

You're reminiscing on fun and exciting things that happened, wondering how it was possible that such things even occurred.

And yet they did, and it was easy. It was able to come about that way merely because things were happening. It's simple. When things happen, you become happy. Do things.
You're very creative. This is easily evinced through what you've managed to do with minimal effort in the past. Even though things seem difficult to comprehend, they aren't. Do things.

Accomplishing:

Push yourself to failure.

Don't avoid difficult things. Otherwise, you won't improve.

If you do not work on an important problem, you won't do important work. What's the best thing you could be working on, and why aren't you?

How will what you're doing help you with your dreams?

What have you actually accomplished at the end of each day?

Life will not change without you making it change.

Don't stunt yourself from fear of change, nor from indifference.

All that wasted time, waiting for the right moment. You will regret wasted time.

The important thing is to get out there and do stuff. Instead of waiting to be taught, go out and learn.

Use the world as a tool to achieve what you want. Forget about politics: it's hopeless. Give up what doesn't matter.

Don't feel compelled to create "art" which is meaningful in the conventional sense: Make it meaningful to you personally.

Observe yourself as you are, not as you say or think you are. Are you a virtuous person?

Regarding self-abuse, If I saw a parent doing what I do to myself to a child, what would I think?

When communicating, personally distinguish between truth, and opinions/values.

Be mentally ready for anything. Don't panic, ever.

When you're consistent in many ways but not in one circumstance, analyze why.

Writing: "The philosophy's there, but it's woven into the story instead of being pasted onto it like a label."

You're lead to the truth, and then you add 20 qualifiers to your beliefs to avoid accepting the truth.

Get into situations in which you may do whatever you want to do at anytime: And it should lead you more directly to those things that bring you happiness. Along the way, you should be able to act more freely; for once you've looked ahead to recognize potentially troublesome situations, you're free to act more impulsively in pleasant circumstances — knowing there's no danger that bad problems will ensue.

The consequences to you, not someone's conception of rights, must always be the deciding standard of your actions.

Many people complain that freedom isn't possible in the real world. Often the person complaining is an individual who has accepted restrictions upon his life that make it seem impossible to be free. In effect, he's in a box.

A box is any uncomfortable situation that restricts an individual's freedom.

And the Box Trap is the assumption that the cost of getting out of a bad situation is too great to consider.

There is always a way out of situations.

If there's a box in your life (big or little), let me suggest a simple method of putting it in focus.

Take a few minutes away from everything else. Find a comfortable chair in a quiet room where you can consider the problem without interruption.

First, identify the box. What is it that's causing you the discomfort?

Next, think of what you would do if you *weren't* in the box. At first, the only advantage you can think of might be the *absence* of the discomfort. But in some way the box is preventing you from doing something you'd prefer to do. And if it were removed, you'd be free to take advantage of desirable alternatives.

Imagine the box gone. And then imagine what you'd do once you were free of it.

As you do, it's possible that the thought of one free activity might lead to another.

And before long you may be able to think of many desirable possibilities that hadn't occurred to you before.

The next step is to identify the price it would take to get out of the box. As I said earlier, it may not have even occurred to you that there *is* a price that would get you out.

But there's always a way out. If you were to walk out of the box right now, what would it cost you? What would happen that you've been dreading?

If a confrontation is involved, imagine yourself going through the necessary conversation. Construct an imaginary dialogue with the other people involved. Don't skip over it; mentally live through every word spoken by each person.

As you do, try to think of unexpected things that might come up. Try to foresee the side of a person's character that hasn't been shown to you before. What if he gets mad? What if he starts to cry? What if he becomes abusive?

Go through the entire experience in your mind. If it's the least bit painful, go through it a second time. When you do, it should be less painful. Keep doing this — as many times as are necessary until you can go through the whole thing mentally without it bothering you.

With this, you will have identified clearly the three elements of your situation: (1) what you're paying by remaining where you are; (2) what it would cost you to get out; and (3) what you could do once you're out.

As long as the situation is just a hazy problem with no solution, it can always seem easier to let things continue unchanged — as uncomfortable as it may be. But when you recognize what it's costing you to stay in the box and what you could do if you were out of it, you gain new incentive to do something about it.

The price of getting out might have seemed horrendous when viewed vaguely from a distance. But now that you've identified it clearly, it may lose its power to frighten you.

As always, it's important to concentrate on the direct alternatives. You may feel that someone else is partly or wholly to blame for your problems. But so what? You only waste precious time and attention when you try to make *him* pay the price. You chose wrongly, or you wouldn't be in *his* situation; that's why *you* have a price to pay. What happens to him from now on is *his* problem. He'll have to continue living

with whatever it is that bothers you about him. But all *you* have to do is pay the price, and he won't be a problem to you anymore.

As you examine each of the rules you've been living by, ask yourself:

- Is this rule something that *others* have devised on behalf of “society” to restrain individuals? Or have *I* devised it in order to make my life better for myself?
- Am I acting by an old, just-happens-to-be-there morality? Or is it something I've personally determined from the knowledge of who I am and what I want?
- Are the rewards and punishments attached to the rules vague and intangible? Or do the rules point to specific happiness I can achieve or unhappiness I can avoid?
- Is it a morality I've accepted because “someone undoubtedly knows the reason for it”? Or is it one I've created because *I* know the reason for it?
- Is it a morality that's currently “in style” and accepted by all those around me? Or is it a morality specifically tailored to *my* style?
- Is it a morality that's aimed *at* me and *against* my self-interest? Or is it a morality that's *for* me and comes *from* me?

In any situation, ask yourself: *Is this what I want for myself?* If it isn't, you don't have to remain there. There are millions of people out there in the world; you have a lot more to choose from than just what you see in front of you now.

1. *Mentally step outside your present way of life.* Start from zero by imagining yourself outside of your present routine. Expand upon the daydreams you've had before — imagine now that you're no longer entangled in *any* of your present responsibilities, obligations, or relationships. Envision yourself totally on your own — with none of your present possessions, family, career, social commitments, debts, or contracts.

In other words, you're completely free — starting from zero with a clean slate, a fresh start to go in any direction that you choose. Don't concern yourself now with the restrictions that presently exist in your life; don't even try to decide how you'll remove them. Just imagine that there's no one to restrict you or make any claims upon you.

2. *What would you do?* Ask yourself what you'd do with this totally free situation.

Where would you go? What would you like to do for a living? What have you always wanted to do that's been prevented by your old way of life? Whom would you like to see? What would you do with your time?

In this new life, would you be single? Would you want to live with the person you've always desired? Would you want a particular kind of home? What kind of work would you like to pursue? What material things would give you pleasure?

Only one restriction should be imposed upon your dreams: You can't make someone else be what you want him to be. It serves no purpose to imagine that your spouse has suddenly changed as you've wanted him to, or that your boss has finally given you that raise.

3. *What is your present life like?* Now take a close look at your present routine. What activities engage you now? What is your work? How do you spend your time? Whom are you required to associate with? Where does your money go? List the activities in your present life — if you haven't already compiled a list for the techniques mentioned in the last chapter.

4. *Cross off everything in your present life that doesn't appear in your dream life.* If there's something in your present life that isn't part of the life you want for yourself, there's no reason to perpetuate it. All you need to find is a way out of it — and we're coming to that.

7. *Make changes.* Eliminate present assets that aren't on your dream list. Turn into cash all the material possessions that aren't necessary to your dream life. Eliminate all the activities that consume time without contributing to the existence you really want.

Use the cash proceeds to pay off your liabilities. Try to eliminate every commitment in that way. If you wind up with nothing but a free life, you'll be way ahead. With a free life, you can acquire what you want much more easily, with no debts or obligations to eat up the money as you make it.

If you have cash left over after paying off the liabilities, use it to finance those parts of the dream world that require money. And use the time you save to indulge yourself in the dream activities you've previously denied yourself.

What did I learn last week?

What was my greatest accomplishment over the past week?

Which moment from last week was the most memorable and why?

What's the #1 thing I need to accomplish this week?

What can I do right now to make the week less stressful?

What have I struggled with in the past that might also affect the upcoming week?

What was last week's biggest time sink?

Am I carrying any excess baggage into the week that can be dropped?

What have I been avoiding that needs to get done?

What opportunities are still on the table?

Is there anyone I've been meaning to talk to?
What are my top 3 goals for the next 3 years?
Have any of my recent actions moved me closer to my goals?
What's the next step for each goal?
What am I looking forward to during the upcoming week?
What are my fears?

The next time you daydream, imagine that you're free to actually live the experience you're fantasizing — totally free of all commitments, obligations, and boxes. Don't try to figure out how you'll remove the restrictions; just imagine that they're already gone.

Play, bit by bit, with little memories of delightful moments, days, years, places, people, ideas, wishes, dreams, stories, plans. Play with your imagination. See how good you can become at fantasizing. Imagine the people involved, how you deal with them, what you get from them.

Notice, as you do, when you get the greatest joy from a situation you're imagining. Take that reaction seriously and make a note to see how you can turn that particular dream into a reality.