

Half-price coffee milk

This morning

I did my usual exercises, like jump rope, at my usual park

Standing on one leg is important for balance, but I think the strength of the supporting leg is even more important.

I still have a lot to say... to make a USW society a reality

However, I'm not denying the importance of making money

For now, it's about raising the bar (I'm not sure about this wording either)

My website was also created for free with the goal of realizing a USW society, and it still costs me 0 yen

Anyone can view it for free...that was the goal from the beginning.

In the first half of the series, there's a piece about "[staying focused on the goal](#)."

While everyday life has its ups and downs, my consistent goal remains unwavering, and it's not related to that particular project.

I'm constantly working to improve my skills...

to create something visually and aurally engaging.

Incidentally, I'm very fortunate in my environment.

Also mentioned in the first half of the series is a regular state of hunger...

this is ketone production... which inhibits aging (glycation).

It's a forced, uncompromising lifestyle.

Since it's not a state of hunger I consciously induce, it's the only option, so in a way, I'm fortunate.

There are also works featuring

["ketone bodies"](#)

and works with

["emphasizing a subtle hint"](#)

Who don't need to discipline themselves

(Specific example)

Sweets right in front of me... just a little bit...

But I don't even have that little bit.

I once saw a video on YouTube.

A homeless man, in an extreme situation, managed to get his hands on some loose change.

The first thing he did wasn't buy alcohol, but several half-price cartons of coffee milk.

I'd heard that you can't even enjoy sweets in prison, but

maybe the first thing you'll want after getting out is something sweet.

I've decided not to touch the hallway window anymore.

There's no need to speculate that I'm only doing this on social media and nothing is actually happening.

While there may be a difference in which comes first,

I've always sent everything by mail.

Conversely, if something seems impossible to make a reality, I won't follow through on my promises, and I'll delete the post immediately.

Basically, I don't delete posts if I'm actually going to do it.