

Achieving full potential in life

Posted by Mynewresolution - 23 Mar 2022 17:11

I have felt alone in this journey for quite some time. Every time I get close to a goal I've set for myself, I relapse and it sets me back in my confidence in myself and I feel depressed. I know that what I'm doing is wrong for so many reasons. I feel so much better when I don't do P&M for long streaks; my confidence increases, my feeling of happiness increases, anxiety decreases and my energy is significantly improved. It hurts me to continue to fail in an area that I have seen improve my life so much when I stick to it. This time around feels different - I feel really connected to the mission of this community. For me, people and encouragement from others as well as others knowing about my struggles will really give me the strength. Being this vulnerable is hard but I guess I am conquering more than one fear at once. Thank you for letting me be a part of your journey and for you being a part of mine, I feel good about this time around. With love.

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Re: Achieving full potential in life

Posted by DavidT - 23 Mar 2022 17:15

Amazing attitude!

The biggest obstacle to succeeding is not believing you can succeed. The first impediment to overcoming this struggle is not in your genes, your childhood or your environment. If you believe you can succeed and are willing to make the effort, you will find the way out. Absolutely NOTHING stands in the way of true WILLPOWER.

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Re: Achieving full potential in life

Posted by Mynewresolution - 23 Mar 2022 17:41

Thank you for your wise words. I have so much appreciation for your support in this. I feel stronger after reading your post. My plan is to write updates to this feed so if you'd like to follow along my journey I will be posting updates here. Thank you so much again.

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Re: Achieving full potential in life

Posted by Captain - 24 Mar 2022 00:24

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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