

Journaling

Posted by willandtonya - 12 Oct 2016 04:45

On this road to transformation of my mind, I have found writing my thoughts and my struggles down on a nightly basis to be a very therapeutic and enlightening practice. I find that, as long as I am honest with my day, and write out all of the failures and ponder on what might be the root cause that led to it; and the success and what Hashem used to achieve this; I have been able to see clearly.

Of course, prayer is priority number one and without it, we are bound to remain lust's slaves.

I also had made it a practice to read a sefer pertaining to personal holiness daily, of which there are many excellent ones to read, to help keep it fresh in my mind and to give me thoughts to meditate upon throughout.

The 90-day challenge is also something that is a great encourager. It gives you a visible goal to aim for, which for me is very helpful.

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