

Starting A New Year With A Goal

Posted by Ready2work - 02 Oct 2022 18:12

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G'mar chasimah tovah! Whishing all a healthy, happy, and success year!!

Every year I make up my mind that I'll keep strong! No matter what will trigger, I'll Not fall.. But .. the think is you need to be realistic. sometimes you cant fight you thoughts. how the best way to go about it & to be positive?

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doesn't last till the first trigger and I fall through.. I stared to feel I'm looser