

30 Days!!

Posted by PaulONeill21 - 23 Aug 2024 06:33

So 30 days ago I finally got fed up and said this has to change! So I did one simple thing that I hope can help others and I hope continues to help me. Every morning I add the number of clean days in my phone I'm currently at 30 and I think the let down of killing the streak is what keeps me going. BH it feels much easier getting through the nights (blocked my internet on my phone from 11 PM to 8 am except for apps i might need) I was in a situation that I completely would have failed in seconds a month ago and BH it didn't feel hard to pass that nissoyan may Hashem continue to help. But seeing that number growing every morning has gotten me to this point and IYH further and further. Hope this helps Hood shabbos!

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