

My 90 day journey

Posted by helpmeout613 - 11 Jul 2013 02:26

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Hi everyone I have managed 90 days before but now I am finding it very hard so I decided to blog my 90 days hopefully it will make it easier for myself.

today I had a fall so bez" tomorrow Thursday will be day 1

I am going to try and blog every day so hopefully just the thought of blogging a fall will stop me from falling

Thanks so much everyone.

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Re: My 90 day journey

Posted by inastruggle - 26 Jul 2013 02:32

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Glad to hear that you're getting back on the truck.

So what are you ding to not fall next time? What do you plan on doing when the urge hits again?

Anyway, KOT and KUTGW

hatzlacha

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Re: My 90 day journey

Posted by ahavas hashem - 26 Jul 2013 16:52

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Congrats on day 1! A big accomplishment!!

Even though it's hard we already know the importance of focusing on the present, not the past. This is the key to succeeding everyday. One day at a time. An hour at a time. 15 minutes at a time.

Good luck! We're all here with you!

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