

Giving it a go one day at a time

Posted by ysftw - 08 Apr 2015 15:20

Onto day 1, very excited. Looking forward!

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Re: Giving it a go one day at a time

Posted by hwhap@gmx.com - 09 Jun 2015 14:33

[ysftw wrote:](#)

Just one more day!

Have a good day!

I wonder if this is what the mishna means when it says "repent one day before your death."
Maybe it's talking about the 12-step principle of one day at a time.

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Re: Giving it a go one day at a time

Posted by TalmidChaim - 09 Jun 2015 16:43

Yeah, I've been saying to myself, "Not today," lately, whereas I used to focus on the big picture. It's a different kind of thinking for me, and maybe it's what I needed along. But I'm finding a lot of power in the "Not today" attitude.

As for the keeping optimism in check discussion, I always debate whether I should bring that up in the first place. It's a personal issue, and may or may not apply to some people. And I would hate to take away from someone's well earned simcha, especially with regard to sobriety. So take it with a grain of salt. Like I always say, this is all just data on what works for other people. The real solutions have to come from you.

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Re: Giving it a go one day at a time
Posted by ysftw - 10 Jun 2015 16:53

again things are good

again just one more day

as it has been said it seems more and more obvious that this is something I need to figure out properly myself.

For me at the moment my biggest challenge is getting enough sleep which is crucial to my willpower.

That's what i'll be working on for the next few days

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Re: Giving it a go one day at a time
Posted by pischoshelmachat - 10 Jun 2015 16:55

[ysftw wrote:](#)

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as it has been said it seems more and more obvious that this is something I need to figure out properly myself.

For me at the moment my biggest challenge is getting enough sleep which is crucial to my willpower.

That's what i'll be working on for the next few days

If I am tired, I am toast.

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Re: Giving it a go one day at a time
Posted by serenity - 10 Jun 2015 18:44

Sleep is essential for my sobriety and my sobriety is essential for my sleep.

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Re: Giving it a go one day at a time
Posted by ysftw - 11 Jun 2015 23:11

Sleeps a massive one, and I'm not going to get enough sleep tonight! Really something I need to work harder on.

Back to 7 days though and going to pop to the mikveh pre shabbas, a great way to go into the day pure.

Really hope I get a lot of sleep over shabbat!

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Re: Giving it a go one day at a time
Posted by ysftw - 12 Jun 2015 17:42

shabbat shalom lekulam

I slipped two weeks ago on shabbat without enough sleep, and feeling ill.

Thus for tonight and on I'm starting a regular sleep pattern

and also working on always having some coins on me for tzedakah (after os shabbos of course)

hatzlocho!

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Re: Giving it a go one day at a time

Posted by ysftw - 13 Jun 2015 23:48

still clean!

now just need to get to bed ;S

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Re: Giving it a go one day at a time
Posted by ysftw - 14 Jun 2015 23:22

sleep still not going so well

whilst i still can i should be getting 8 hours a night. at the moment I count myself lucky with 7.

this has to change.

one more successful day

funny how every week there's a new challenge. I guess things wouldn't be interesting otherwise

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Re: Giving it a go one day at a time
Posted by ysftw - 15 Jun 2015 18:20

All going really well...so happy at the moment.

Again need to work on my sleeping and perhaps now more than ever watch out for the yetzer.

And cram ever more into my days.

Hope everyone is doing well!

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Re: Giving it a go one day at a time
Posted by pischoshelmachat - 15 Jun 2015 19:51

Hi,

I am so glad you are feeling well!

Get your sleep and stay strong!

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Re: Giving it a go one day at a time
Posted by ysftw - 18 Jun 2015 15:46

Still clean! Even though I haven't been living up to the idea of posting everyday I'm still going fairly strong at the moment. And it's been 2 weeks (which is weird because I feel like it's only a few days since I last slipped up).

Really there's a few things I've realised which are going to keep me going.

1. When it gets hard realise that I only have to get to the end of the day
2. Spend none of the day in isolation (this is crucial for productivity too)
3. Put in proper effort for tefillah. take my time. focus. Really ask for things.
4. sleep 7 30-8 hours a night
5. no exactly what I want to achieve in my days and weeks

at the moment all these things are happening. and i will try and spot if they stop happening as this could be a bad indicator.

anyway hatzlochah to all...until tomorrow!

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Re: Giving it a go one day at a time
Posted by serenity - 18 Jun 2015 22:55

Nice work.

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Re: Giving it a go one day at a time

Posted by ysftw - 19 Jun 2015 14:16

serenity congrats on the 90 day challenge!

Kol Hakavod!

Again still going strong.

Again perhaps I should do more against being in isolation though.

The other thing is a polemic against the power of inspiration. Usually to change it's not enough to ride the wave of enthusiasm, instead one must rewire and readjust and work out how to move forward.

On that point shabbat will be a great time for me, beezrat hashem, to do a cheshbon hanefesh in this area and others.

I pray this shabbat is uplifting for us all!

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