

Starting on the list today...

Posted by positiveme - 22 Sep 2015 14:29

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I just signed up to the site today and am adding myself to the 90 day chart. I only have 4 days, which is hard for me to take in as I have never felt so close before Yom Kipur. I have made a list of changes in my life that I will review on a daily basis as well as signed up to receive a sponsor so I pray with these things G-d will help me make it to 90 and beyond...

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Re: Starting on the list today...

Posted by waydown - 22 Sep 2015 14:34

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Welcome and lots of luck. Go for the 90 days and go for 180 days. But just remember if you don't make it not all is lost. 4 days is a chashuv too. One day at a time!

Just some silly advice from a novice

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Re: Starting on the list today...

Posted by Shlomo24 - 22 Sep 2015 15:46

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WELCOME!

It's impossible to get to 90 days without getting 4 days and it's impossible to get to 4 days without getting to 1 day. Be proud that you are sober today! We have no control over tomorrow or yesterday do we? So how about focusing on today, one day at a time. Have a gmar chasima tova.

Hatzlacha raba.

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Re: Starting on the list today...

Posted by positiveme - 24 Sep 2015 18:24

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Thank you, I made a small list of daily commitments that I hope will help me, will keep you posted as I go...

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Re: Starting on the list today...

Posted by gibbor120 - 24 Sep 2015 18:47

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WELCOME! Keep posting. Read the handbook. Check out some links in my signature. Keep posting.

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Re: Starting on the list today...

Posted by serenity - 25 Sep 2015 03:10

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Welcome!

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Re: Starting on the list today...

Posted by markz - 04 Oct 2015 04:20

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[positiveme wrote:](#)

Thank you, I made a small list of daily commitments that I hope will help me, will keep you posted as I go...

What's news my friend

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