

Back on the wagon - 90 days from today is YK!

Posted by airmale613 - 30 Jun 2020 18:05

So, I am back on the wagon after a shaky few months. Went to print out my 90 day chart and realized that if you start today, 90 days will be on Yom Kippur! Good time to start!

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Re: Back on the wagon - 90 days from today is YK!

Posted by DavidT - 30 Jun 2020 19:22

Being inspired is an amazing experience. Having the clarity to see what matters and what doesn't is so empowering. But unfortunately, those feelings don't last. Inspiration quickly fades, and it seems that we are back where we started.

The way to keep our inner fire strong is to read something that gets us excited every day.

This cannot be stressed enough. If we want to live motivated, we need our daily medicine. We must devote a few minutes every day to reading and thinking about our awesome opportunity. We have to dream about becoming someone special. We have to think about how badly we want to become great, and then plan how we will win our battles and get there. We must make conquering our desires one of our highest aspirations, because winning difficult battles is the pinnacle of serving Hashem. We must frequently visualize ourselves overcoming these challenges and reaching greatness. This will make these feelings an active part of us.

In addition, **we must celebrate our victories every time whether they seem big or small**, as *Chovos Halevavos* (5:5) instructs. Over time, this changes our attitude toward challenges. We develop excitement about winning difficult battles, and we identify ourselves as people working hard toward that goal. Consistently celebrating our successes makes these feelings part of us.

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Re: Back on the wagon - 90 days from today is YK!

Posted by i love myself - 30 Jun 2020 19:56

on YK we sit covered with talis and we promise to never ever sin again...

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Re: Back on the wagon - 90 days from today is YK!

Posted by Captain - 01 Jul 2020 00:46

This is great advice! Can you give us a list of suggestions that we can read from every day that will get us excited to fight? And can you elaborate more on how we can celebrate our victories?

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Re: Back on the wagon - 90 days from today is YK!

Posted by wilnevergiveup - 01 Jul 2020 06:09

[Captain wrote on 01 Jul 2020 00:46:](#)

This is great advice! Can you give us a list of suggestions that we can read from every day that will get us excited to fight? And can you elaborate more on how we can celebrate our victories?

I guess this is what the daily chizuk broadcasts are for. If you are not signed up yet then you better do that now.

As far as how to celebrate victories, I would also love to hear some ideas. I find that celebrating with food is counterproductive.

I like to celebrate by posting about my success and being grateful for it, but sometimes it doesn't do the trick.

Celebrating by giving in to any of my compulsive behaviors just messes everything up, but hey, everyone is different.

Lets hear some more good news.

All the best,

Wilnevergiveup

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