

Journey Journal

Posted by briskofdawn07 - 07 Sep 2020 01:44

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The first week was good, thank G-d. I spent time working, reading, watching and playing basketball and some movies. I feel the most free on the first week. If I can maintain the routine of my week, it would be great going forward. However, it always seems the hardest on the end of the third week so I know I need to prepare myself. I have some plan of actions written down. I have reached out and connected with a bunch of friends and enjoy spend time with people. The most important thing I think it is to believe that there is freedom to be held at the end of this. I can't lose site of that. My current plan is to try to update this forum on a weekly basis.

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Re: Journey Journal

Posted by wilnevergiveup - 07 Sep 2020 04:23

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Welcome! Glad to have you with us.

It might be helpful to read through the [GYE handbook](#), as well as listening to [The Fight](#) by Rabbi Shafier.

Come back here when you are struggling, or just to get chizzuk from the olam here, we are in this together.

If I can maintain the routine of my week, it would be great going forward.

Just don't forget to plan for when things don't go according to plan. A rigid plan is no plan at all, you need to give yourself room for life's turns and even plan for after a fall, just in case.

Looking forward on hearing good news!

Hatzlachah

Wilnevergiveup

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