

UPDATES - BPositive

Posted by BPositive - 10 Sep 2021 23:09

The positive: 4 days is my longest streak. Goal is to get higher than that. The motivator is when I look at the Level 1 medallion and then below it where it says, "Only 2 days left to reach level 2!"

So, the bad news: I slipped and fell hard Motzei Rosh HaShanah. I am not upset or depressed about it. I am not going to tell how or what I tripped and fell on. I am not going to say it's a bad thing. Although, I am not going to say that's a good feeling, either. Trying to keep my thoughts balanced while I struggle with this.

Reading the posts on the forum continues to reaffirm that I am not alone which is a motivator. It also reaffirms me that everyone is human and HaShem created us to show our potential of overcoming this toxic demon. When we do, we will be on such a high level. This also gives me motivation and not to stress out each time a slip or a fall happens.

Have a Good Shabbos Tshuva & Gmar Chasima Tovah.

-BPositive

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Re: UPDATES - BPositive

Posted by retrych - 17 Sep 2021 13:21

Nice Bpositive attitude!Keep on going!

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