

My 90 days journey

Posted by AniMaamin - 18 Nov 2022 00:05

Hi

I had my fair share of ups and downs, and I've been having some fall the past few weeks so I think that if I start logging my journey it would be more helpful

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Re: My 90 days journey

Posted by Teshuvahguy - 18 Nov 2022 00:50

[AniMaamin wrote on 18 Nov 2022 00:05:](#)

Hi

I had my fair share of ups and downs, and I've been having some fall the past few weeks so I think that if I start logging my journey it would be more helpful

Getting on the 90 day daily checking in has really helped me stay focused so far. Today is 28 days. Let's see how far we can get! Even if you fall along the way, every day you don't is a victory.

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Re: My 90 days journey

Posted by AniMaamin - 18 Nov 2022 18:13

I had a fall, last night and today, but im not giving up!

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Re: My 90 days journey

Posted by Teshuvahguy - 18 Nov 2022 19:13

[AniMaamin wrote on 18 Nov 2022 18:13:](#)

I had a fall, last night and today, but im not giving up!

Never give up. If you are fighting then you are already winning part of the battle. You are in the game. Keep going. We are all rooting for you!

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Re: My 90 days journey
Posted by Captain - 20 Nov 2022 14:12

Welcome!

Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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