

trying to break free

Posted by Jj123 - 03 Jul 2020 14:43

Trying to not get caught up in streak.

By Monday I plan on building motivation through a new cost benefit chart, and blocking a specific loophole.

Will post when complete.

Mainly doing this for accountability.

Thanks yall

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Re: trying to break free

Posted by Jj123 - 05 Jul 2020 23:44

Finished cost benefit chart.

Loophole proving to be more difficult than I thought... Will need more time on it.

New goals: formulate important thoughts/experiences in writing (helps me concretize)

draw up new plan of action specific to this area. (Made mistake of being too broad/fixing alot of (related) issues/areas at once)

Next post: Friday

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Re: trying to break free

Posted by Jj123 - 10 Jul 2020 21:00

Overall strong week.

Didn't make as much progress as I'd like on closing loophole and making plan, which I should get done sooner rather than later.

One thing I've done mentally which has been very helpful is not conflate this with other areas im

struggling with. They are connected in certain ways but grouping them together is dangerous as a failure in one feels like a failure in all.

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Re: trying to break free

Posted by Grant400 - 10 Jul 2020 21:30

Wow! Kudos to you! Being able to separate categories and accept the fact that failure in one area doesn't necessarily effect all others is the ultimate mind over matter. Intellect over emotion. Halevai I should be successful in that regard! Thank you for your inspiration. #navyseal

Grant

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Re: trying to break free

Posted by Jj123 - 22 Jul 2020 00:47

@day5

Trying to get to a week.

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