

One step at a time...

Posted by anothershot - 17 Jan 2021 14:05

Hi gye brothers!

I was at my doctor a few weeks ago and of course we where discussing diet & exercise.

He told me the reason he believes most people in America that are overweight and unhealthy is because we are being told its all or nothing...

You need to eat a specific diet that is crazy restrictive or you are finished or you need to exercise 30 minutes daily or you won't lose weight.

The problem is that most people can't maintain the strict diet for a long time and most people can't exercise for 30 minutes daily so they just give up altogether and do nothing because what's the point ill never succeed anyways.

He suggested instead to make small lifestyle changes to your diet that you can realistically can keep.

Exercise even for a few minutes daily weekly or monthly.

The point is that it should be something that you can say I do this consistently and this will teach you consistency and in the long run you will have more success.

Over 10 years the guy that exercised daily for 10 minutes is better off then the guy that did 30 minutes once every 2 months.

I was thinking this can really apply to us in GYE as well. There are all types of stories on gye of guys being successful and guys not yet being successful one common piece of advice is to focus on being clean today not on being clean for 90 days or nothing.

I am starting this thread as a place that anyone can post any small or big step that they are taking or took to get Clean.

A few examples....

1. I won't go on YouTube today
2. I will be careful with shmiras einyanim today on my walk to yeshiva
3. When I pass a certain billboard I will look away
4. No secular music today
5. Exercise for 5 minutes today

The list goes on and on....

whatever you feel will help you in your struggle take it on for just a hour or that day or longer.

I am hoping that this will be a chizuk to newcomers and to those that are struggling for a long time to break free that with small steps and small victories everyday you can overcome this and become clean.

Most importantly you can say I am working on myself every day to become better and become Clean even if you don't see results in the beginning over time you will succeed!

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Re: One step at a time...

Posted by anothershot - 27 Jan 2021 12:47

Recently I have been going to bed late & that's not helpful in any way....

It negatively affects my davening, learning, work, exercise etc....

I really want to take control now before it leads to a fall therefore I am mekabel bl"n that I will not use the internet on my pc, tablet, or phone after 11:30 tonight (unless absolutely necessary)

Hatzlacha to all

Anothershot

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Re: One step at a time...

Posted by anothershot - 04 Feb 2021 19:51

I am at 36 days now but been slipping up and wasting too much time & I need to right this ship now before it sinks so here's the plan...

For the next 5 days I will Bl'n

1. post everyday
2. Before I go to sleep I will make small goals for the next day
3. Exercise for a minimum of 5 minutes
4. Learn something that interests me for at least 5 minutes
5. Celebrate in a small way each clean day

Hatzlacha to all!

Anothershot

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Re: One step at a time...

Posted by Striving to be good - 04 Feb 2021 20:30

so here's the plan...

For the next 5 days I will Bl'n

1. post everyday
2. Before I go to sleep I will make small goals for the next day

3. Exercise for a minimum of 5 minutes
4. Learn something that interests me for at least 5 minutes
5. Celebrate in a small way each clean day

Hatzlacha to all!

Anothershot

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Re: One step at a time...

Posted by othershot - 10 Feb 2021 15:04

I was very inspired by all the kabalos @changing made so here's mine...

I am mekabel bl"n not to go on Instagram today.

You rock!

I'm definitely not ready for the not getting frustrated at my kids kabbalah Lol

Hatzlacha to all!

Anothershot

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Re: One step at a time...

Posted by othershot - 12 Feb 2021 13:39

My goal for today is to work on lusting after women in the street. Obviously I can't control the 1st

look but bl"n if a attractive woman catches my eye today I won't take a 2nd look.

Hatzlacha to all!

Anothershot

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Re: One step at a time...

Posted by anothershot - 03 Mar 2021 00:39

As I wrote on my other thread I have been struggling mightily the past couple of days so I need to do something to be mechazek myself....

1. I started a 3 day "diet" from YouTube, Instagram, & Facebook yesterday
2. I will bl"n exercise daily for at least 5 minutes starting today for the next 5 days

Hatzlacha to all!

Anothershot

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Re: One step at a time...

Posted by Lou - 03 Mar 2021 22:44

[anothershot wrote on 03 Mar 2021 00:39:](#)

As I wrote on my other thread I have been struggling mightily the past couple of days so I need to do something to be mechazek myself....

2. I will bl'n exercise daily for at least 5 minutes starting today for the next 5 days

Another shot

Otherwise, why tempt yourself? Just get rid of it. Easier said than done but just an idea.

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Posted by DavidT - 04 Mar 2021 00:39

would anyone say that this gemara applies to using social networking when it's not essential?

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Re: One step at a time...

Posted by anothershot - 07 Mar 2021 14:29

I know that this week will be very busy and I won't have time for exercise.

I also know that if I exercise it helps me feel better overall and helps me in this struggle.

Therefore I will Bl'n make time to exercise for at least 5 minutes a day every day this week.

Hatzlacha to all!

Anothershot

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