

half a year

Posted by repentantA - 12 Apr 2010 15:08

i do ok for half a year after rosh hashana but then run into issues. what should i do to get through the whole year?

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Re: half a year

Posted by silentbattle - 12 Apr 2010 16:53

I find that focusing on how good it feels to be clean helps me. I remind myself that it's far more pleasurable to be clean than to act out - I ask myself, "which will make me happier?"

You feel good, you feel proud, you feel accomplished, right?

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Re: half a year

Posted by Moshew - 13 Apr 2010 17:09

Who said that a year must have 365 days it could very well have 182.5 days. In 1582 the Gregorian calendar was adopted replacing the Julian calendar, make another change call it the RepentantA calendar.

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Re: half a year

Posted by Chazak Amenu - 13 Apr 2010 18:06

Make sure never to lose focus guard your eyes no matter what time of the year it is probably a good thing to do anyway. when it comes to the half year mark you will have been guarding your eyes the whole time making it easier to stay focused than. also at the half year mark renew your focus and make sure to do this every few months or so where you make a special intent to

renew your focus.

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