

Before I fall List..

Posted by Joenoahi - 13 Jun 2014 08:05

If anyone wants to share their "before I fall" list it would be great.

Here is mine:

If I fall before I do the following things I will donate \$50 to GYE.

If I fall after I do these things I will donate \$20 to GYE.

1. Text a friend from GYE and tell them how I feel.

2. Tell a real friend in real life that I mast*****.

3. Post on GYE that I'm about to fall.

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Re: Before I fall List..

Posted by Joenoahi - 13 Jun 2014 19:48

I'm not rish at all. I'm actually pretty broke, but I make like \$150 a week. Maybe this is a bad idea. Idk.

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Re: Before I fall List..

Posted by Dr.Watson - 15 Jun 2014 02:04

I have hayfever. I never punish myself for sneezing. I just need to make sure I take my medicine.

What's your medicine? Would it be more effective to use a financial incentive to get yourself to take your medicine every day?

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Re: Before I fall List..

Posted by shomer bro - 27 Jun 2014 18:13

i'm a bachur in yeshiva, and i have limited cash funds. the k'nas should be something that would bother you enough to be a preventive measure not to act out. it shouldn't make you broke, or you'll just end up dropping the k'nas entirely. as my rebbe told me, and as they said in the Charmin commercials, "Less is more". also, the k'nas doesn't have to be money. it can be to do something you don't really enjoy doing or not to do something you enjoy doing.

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