

Big little wins

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I just wanted to share something that I have been doing lately. Whenever I have a win whatever it may feel to me (big win or "small" win) I hype my win up. Meaning even if I just refrain from using an unfiltered computer during the day (my urges are mostly at night) I hype this up to a big win and the high I get really makes me feel alive and aligned with my soul. I noticed it also makes me look forward to overcoming an nisayon because I look forward to that feeling.

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