

Enough is enough!!

Posted by nurb21 - 20 Oct 2014 22:54

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Let's get to 90!!!!

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Re: Enough is enough!!

Posted by dms1234 - 20 Oct 2014 23:35

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WELCOME!!!!!!!!

Could you tell us a little about yourself?

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: Enough is enough!!

Posted by inastruggle - 21 Oct 2014 03:41

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How are we going to do it?

Good Luck! KOT!

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Re: Enough is enough!!

Posted by nurb21 - 21 Oct 2014 04:56

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Yup! I have been struggling for years and am trying the 90 for 90 for the first time.

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Re: Enough is enough!!

Posted by Gevura Shebyesod - 21 Oct 2014 05:12

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Re: Enough is enough!!

Posted by nurb21 - 21 Oct 2014 05:15

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that's what it's about!

Welcome fellow bus driver!

"Keep on truckin"

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Re: Enough is enough!!

Posted by dms1234 - 21 Oct 2014 05:59

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Thats great. But you didnt answer inna's question. How exactly will you reach 90 days?

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Re: Enough is enough!!

Posted by nurb21 - 21 Oct 2014 06:13

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I hope to stay connected and not isolated.

Stay positive

as much as I can.

Go to meetings

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Re: Enough is enough!!

Posted by shomer bro - 21 Oct 2014 06:24

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You've got the right attitude, and attitude is key.

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Re: Enough is enough!!

Posted by nurb21 - 22 Oct 2014 06:40

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I can not believe I made it to three!!!!

only four more to 7. This is where it get's real hard and the pressure builds.

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Re: Enough is enough!!

Posted by cordnoy - 22 Oct 2014 18:11

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I believe that many of us (myself included) place the pressure on ourselves....the countin' of the hours and the days lead to doom...usually....live the moment before you.

b'hatzlachah

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Re: Enough is enough!!

Posted by nurb21 - 22 Oct 2014 18:52

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I believe you are right, we do set the doom clock.

I need to find a healthy balance.

I find when I don't count at all I lose focus that way and when I count all the time it becomes a pressure cooker.

find the balance...

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Re: Enough is enough!!

Posted by pischoshelmachat - 30 Oct 2014 22:18

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Hi NURB,

I am right beside you on the ladder. Let's do this together. If you ever want to email me or talk, please let me know and I'll give you my email.

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Re: Enough is enough!!

Posted by nurb21 - 31 Oct 2014 04:03

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thanks that would be nice!

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Re: Enough is enough!!

Posted by dd - 31 Oct 2014 04:46

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Welcome Nurb!!!

I know i'm a bit late but this is the first time i'm seeing your thread.

Do you want to share with us what are the tools to lead you to 90 days. Not the ones that you know work in theory rather what tools are you working in reality?

Hope to see you around KOMT!!!!

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