

just starting and don't know how this works

Posted by GoldstarNGemara - 13 Apr 2015 21:13

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In joining the 90 day program, I was asked for the link on which I can blog about the journey...can someone help me get started with this and with getting into the program in general? Thanks so much

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Re: just starting and don't know how this works

Posted by lomed - 13 Apr 2015 21:19

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Wellcome. you are doing the right thing. keep it strong.

click on 'tools'

scroll down to the 90 day chart, and click on it.

then follow the instructions.

You will also see that on the right side there is an option to click on 'how does it work'.

Hatzlacha

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Re: just starting and don't know how this works

Posted by cordnoy - 13 Apr 2015 21:20

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Welcome,

continue postin' right here.

b'hatzlachah

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Re: just starting and don't know how this works

Posted by serenity - 14 Apr 2015 02:09

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Welcome and Hatzlacha! Looking forward to hearing more about your struggle s and successes!

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