

Road to 90 days (how I succeeded, and you can too)

Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

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I don't understand how being here is going to help.

Perhaps posting my progress and struggles will help other people.

Perhaps I'll receive encouragement and good advice and support.

I sincerely DOUBT that I can just succeed for 90 days (13 weeks),

just because I decide I want to, SINCE I've failed so many times

in the past. But maybe this time is different, because I will post here,

and have 2 experienced guys I've been emailing regularly.

B'ezras HaShem, I will finally succeed and break free from this bad habit.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Jan 2017 13:16

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I read the guidebook that I had printed out, cover to cover.

And I had a great conversation with Guard, which was very helpful.

I've also started a good habit of regularly exercising for around 45 minutes.

This was VERY hard to do...carve out the time and make it a priority, so that it gets done.

There's a program called "couch to 5k", literally going from a "couch potato" to being able to run for 30 minutes without stopping or walking. It's taken me many weeks to break the inertia and create this new habit. But I think I've finally done so. I'm now walking and running 3 times a week!

These are 3 big steps that will pay big dividends.

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Re: going for 90 days (Feb. 20)  
Posted by GrowStrong - 30 Jan 2017 13:32

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Wow Googling it now!

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Re: going for 90 days (Feb. 20)  
Posted by Hashem Help Me - 30 Jan 2017 13:52

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[Yosef Tikun HaYesod wrote on 30 Jan 2017 13:16:](#)

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These are 3 big steps that will pay big dividends.

Yosef, you are really working hard and it's BH paying off. It is so exciting reading your new posts that "sound" so positive! You feel good about yourself and are gaining confidence. Keep it

up. You are a real inspiration for all of us. You are showing everyone that it can be done!  
Continued hatzlocha!

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 31 Jan 2017 12:22

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I'm making a siyum today, B'ezras HaShem!!

I've been working hard on this for over a year now...starting and stopping and starting  
and getting stuck and stopping and starting again and getting discouraged and starting  
and getting distracted and picking myself up again and starting fresh and getting on a roll  
and continuing and getting behind and feeling discouraged and starting again strong and  
continuing and now finally finishing!

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Re: going for 90 days (Feb. 20)  
Posted by MayanHamisgaber - 31 Jan 2017 12:30

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MAZAL TOV

what are you making a siyum on?

love the lesson KUTGW

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 31 Jan 2017 12:43

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close to SEVEN HUNDRED Mishnayos of Zerayim

And I'm now going to be starting Kodshim, which may be even tougher.

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 31 Jan 2017 12:48

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WOW (i don't mean women of the wall!!!)

if there are any questions you have in kodshim please feel free to ask i have learnt z'vachim minachos and more

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 31 Jan 2017 14:59

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Mazel Tov! Keep on Shteiging!

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 31 Jan 2017 16:05

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Mazel tov! Be proud and celebrate!

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 31 Jan 2017 21:09

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oh and by the way kodshim is different from the rest of shas as it mainly does not go with s'vara rather with g'zairas ha'kusov and dinim, at least the g'maras do, so keep in mind that you need

to learn many new dinim and can take time just keep plugging and soon it will flow quicker than you think!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 01 Feb 2017 17:30

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Just started Zevachim...and learned the 1st Mishna.

All beginnings are difficult.

Not easy finding the time to exercise either, but it's going to happen...sometime today.

A couple of people said wow, you really made a big deal and made

such a nice, kovodik siyum with "fancy stuff" like a real simcha.

I told them, exactly! It is a real simcha. I put a lot of time and effort into it.

And dafka, wanted to show that learning all of Zerayim is something chashuv

to be celebrated properly.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 01 Feb 2017 22:08

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Yosef, happy siyum went well. You are at 17 days -gimatria TOV and tomorrow is iyh CHAI together it's a "good life". Keep it up!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Feb 2017 11:46

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Life is good! Boruch HaShem!

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Bli ayin hara, not only did I just make a siyum, and actually complete something that was really hard for me, but my boss just gave me a big raise!!!

This was unexpected and I didn't even ask for a raise!

I had stepped away for a few minutes, and saw that he called me up and left a message saying he wanted to speak to me as soon as possible.

This was VERY strange, and I was frankly pretty nervous.

Who knows what he wants? Everyone actually tries to stay away from him, since he is known to be tough and demanding, and easily angered. It's not uncommon to hear him literally yelling at someone (and everyone around thanking G-d that it's not them).

I froze in my thoughts. And didn't call him back right away.

A few minutes later, he called again! Oh boy, HaShem, help me, I thought to myself.

And then, after all that, he tells me that I'm doing great and he wants to give me a 25% raise!

Stunned silence. He says: is that o.k. with you, or should I give it to someone else?

Yes, that would be great. Thank you for thinking of me.

And I left saying Boruch HaShem...unbelievable.

Now, several people asked me what did he say. I just told them that everything is o.k.

There was no problem. He values my work and wants to see me here on time and to continue working hard. I couldn't tell them the full truth and they probably wouldn't believe it anyway!

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 02 Feb 2017 12:14

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Yosef, looks like a lot of things are falling into place for yoy. Your learning, parnossa, and kedusha. We pray it continues (but remember life has it roller coasters). Maybe daven for your cheering squad that we should be granted such growth also!

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