How do I not run out of steam? Posted by returningtohim - 13 Jul 2017 03:02 So last week I created an account and I joined the 90 day challenge. However I'm worried that it's inevitable that I will tun out of steam. Any suggestions? Re: How do I not run out of steam? Posted by Markz - 13 Jul 2017 03:27 returningtohim wrote on 13 Jul 2017 03:02: So last week I created an account and I joined the 90 day challenge. However I'm worried that it's inevitable that I will tun out of steam. Any suggestions? Welcome brother Well... my suggestion is... get off the steam engine train and take out a mortgage on a new 18 Wheeler ;-) Re: How do I not run out of steam? Posted by Shlomo24 - 13 Jul 2017 05:06 returningtohim wrote on 13 Jul 2017 03:02: So last week I created an account and I joined the 90 day challenge. However I'm worried that it's inevitable that I will tun out of steam. Any suggestions? If you're in a race or going for a streak, then you might run out of steam. If you take it one day at a time, you might not.

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Re: How do I not run out of steam?
Posted by Singularity - 14 Jul 2017 10:52

returningtohim wrote on 13 Jul 2017 03:02:

So last week I created an account and I joined the 90 day challenge. However I'm worried that it's inevitable that I will tun out of steam. Any suggestions?

I'd try let go of all that steam, so I wouldn't have to run out of it.

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