

## 90 Day Challenge

Posted by rolemodel - 31 Mar 2019 02:46

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This is where I'm going to be posting updates of my 90 day challenge. This is the first time I have attempted this challenge. The reason it's so important for me to accomplish this is because I need to prove to myself that I have self-control, I need to stop wasting hours and hours each day doing nothing, I need to do a full reboot because my p\*\*\*\* is out of wack, I have so much i want to do and waste all my time on garbage. I'm not sure if I continue the program after 90 days, but I need to have the limit on 90 days, so there's an end in sight, and i'll beable to push through. I'm approaching this from secular reasons because religious guilt doesn't work for me. i had stumbled across this site last year, but only after i stumbled across r/nofap on reddit did I decide to do this challenge, and i came back here. so I'm not sure why the jewish guilt doesn't result in action, but the reasons I wrote up above do and that's why I need to complete this challenge.

I have Since I understand how the site works only now, I'm starting from day 3. (day 1 is under introducing myself, and day 2 is called "compulsion")

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