

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

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Nothing to lose by starting the 90 day challenge.

the challenges i see before me:

The sturggle to get off my devices.

staying positive and not falling into the trap of skipping steps.

finding ways to interact more with people in the real world.

I have struggled with this for many years I have tried different tools and I see what a differences it makes in my life when I am clean I might as well start.

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Re: Nothing to lose - Update 24

Posted by notezy - 03 Mar 2024 08:22

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Starting Day 6

struggling a bit with my beliefs I can do this today.

I thinks it's the results of a lot of limiting self talk the last few days.

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Re: Nothing to lose - Update 24

Posted by Hashem Help Me - 03 Mar 2024 12:20

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What is stopping you from "doing it"? If you did 5, why is 6 so formidable?

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Re: Nothing to lose - Update 25

Posted by notezy - 03 Mar 2024 13:48

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Had a fall today.

the answer to your question is preconceived beliefs about 5 days.

5 days was a success in itself but I was so focused on making it to 5 days again I didn't think about day 6 and anything that came after I didn't prepare myself mentally to keep going after 5.

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Re: Nothing to lose - Update 25

Posted by notezy - 03 Mar 2024 13:49

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Had a fall today.

the answer to your question is preconceived beliefs about 5 days.

5 days was a success in itself but I was so focused on making it to 5 days again I didn't think about day 6 and anything that came after I didn't prepare myself mentally to keep going after 5.

TLDR: I Lost the forest for the trees.

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Re: Nothing to lose - Update 25

Posted by notezy - 03 Mar 2024 13:51

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Had a fall today.the answer to your question is preconceived beliefs about 5 days.5 days was a success in itself but I was so focused on making it to 5 days again I didn't think about day 6 and anything that came after I didn't prepare myself mentally to keep going after 5.

TLDR: I Lost the forest for the trees.

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Re: Nothing to lose - Update 26

Posted by notezy - 04 Mar 2024 12:03

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Day 1 Fresh Start

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Re: Nothing to lose

Posted by funbuchur - 04 Mar 2024 14:02

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You got this! One day at a time. I believe in you!

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Re: Nothing to lose - Update 26

Posted by chooseusername - 04 Mar 2024 21:33

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[notezy wrote on 04 Mar 2024 12:03:](#)

Day 1 Fresh Start

Nothing like a nice fresh start. But what are you going to do differently this time?

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Re: Nothing to lose - Update 26

Posted by notezy - 05 Mar 2024 05:46

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Start of Day 2

Try to avoid that mistake I made last time.

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Re: Nothing to lose - Update 26

Posted by notezy - 05 Mar 2024 05:46

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Start of Day 2

Try to avoid that mistake I made last time.

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Re: Nothing to lose - Update 27

Posted by notezy - 06 Mar 2024 14:26

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Half way through day 3

notice I am less cynical since I started the 90 day challenge overall and on top of that when I keep consistent with GYE and others I feel like it's only a matter of time... so thank you

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Re: Nothing to lose - Update 27

Posted by ??? ???? ???? ??? - 06 Mar 2024 18:24

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[notezy wrote on 06 Mar 2024 14:26:](#)

everyone

I love that! This is hard work, but we are all in this together.

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Re: Nothing to lose - Update 27

Posted by notezy - 06 Mar 2024 22:03

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3minutes into day 4 goodnight

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Re: Nothing to lose - Update 28

Posted by notezy - 06 Mar 2024 22:03

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3minutes into day 4 goodnight

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