

Day One

Posted by vibrantdolphin18 - 20 Jun 2025 07:36

Made it to thirty before. That was the goal and on the thirtieth day right after I achieved it I went out. 90 really is the ticket to know if I'm in this. I really really really want to want this. Sometimes I don't want it. But I always want to want to.

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Re: Day One

Posted by vehkam - 20 Jun 2025 12:40

do you have a copy of The Battle of the Generation?

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Re: Day One

Posted by altehmirrerr - 20 Jun 2025 14:14

[vibrantdolphin18 wrote on 20 Jun 2025 07:36:](#)

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Welcome buddy and good luck! as per your post your not the first one, doesn't it say about the yidden in the midbar ?????? ?????, and they got their wish....., so if that's what happens when someone wants to want bad, ?? ??? when it comes to good, stay in there and you will see that your wish will come true,

with a warm understanding heart,

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Re: Day One

Posted by chosemyshem - 20 Jun 2025 17:09

[vibrantdolphin18 wrote on 20 Jun 2025 07:36:](#)

Made it to thirty before. That was the goal and on the thirtieth day right after I achieved it I went out. 90 really is the ticket to know if I'm in this. I really really really want to want this. Sometimes I don't want it. But I always want to want to.

I promise you that viewing 90 as the ticket is an excellent way to binge on day 91.

90 is a great goal. So is 30. But day-long streaks are a short term measure.

In the long term it's about leveraging your "want to want" to set up systems and tools that keep you going on the journey. Eventually, if you put in the hard work, inner change happens at some point.

A good place to start is the book Vehkam mentioned. Another good place to start is with a mentor.

Hatzlacha!

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Re: Day One

Posted by iwantlife - 20 Jun 2025 17:26

[chosemyshem wrote on 20 Jun 2025 17:09:](#)

In the long term it's about leveraging your "**want to want**" to set up systems and tools that keep you going on the journey.

Well put! Love it.

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