

Video: The Daily Reflection Tool

Posted by MenachemGYE - 12 Dec 2021 01:37

---

One of the new features of GYE's new platform is the **Daily Reflection** tool.

This tool makes it easy to find gain deeper insight into our behavior patterns, so that we can learn from them.

Here's a new video that explains how it works:

[gye.vids.io/videos/ea9dd6bd1b1fe5c763/flight-to-freedom-daily-reflection-tutorial](https://gye.vids.io/videos/ea9dd6bd1b1fe5c763/flight-to-freedom-daily-reflection-tutorial)

As a GYE member you can access this feature at <https://f2f.guardyoureyes.org>.

Enjoy!

If you have any questions or comments about the feature, let's discuss it on this thread.

=====

=====

Re: The Daily Reflection Tool

Posted by wilnevergiveup - 12 Dec 2021 05:44

---

I love this feature, it makes a fall much less black and white. It's not all or nothing, it gives value to fighting, even if you eventually fall, stopping quickly after a fall, and tracking your overall progress which for many is not nearly as bad as they feel it is.

It tracks your trends which make it easier to see the big picture, putting it on a graph so you can actually see if you have improved or not.

I like it because everyone has setbacks, and many guys feel like they are back to square one but this helps them see the progress they made in so many different areas aside from the black and white "fall" or "clean."

it's not about the streak, it's about the progress.

=====

=====

Re: The Daily Reflection Tool

Posted by Sapy - 12 Dec 2021 15:06

---

[wilnevergiveup wrote on 12 Dec 2021 05:44:](#)

I love this feature, it makes a fall much less black and white. It's not all or nothing, it gives value to fighting, even if you eventually fall, stopping quickly after a fall, and tracking your overall progress which for many is not nearly as bad as they feel it is.

It tracks your trends which make it easier to see the big picture, putting it on a graph so you can actually see if you have improved or not.

I like it because everyone has setbacks, and many guys feel like they are back to square one but this helps them see the progress they made in so many different areas aside from the black and white "fall" or "clean."

it's not about the streak, it's about the progress.

Copy that! I love it! Thanks for articulating so well!

=====  
=====