

Date: 1/3/2019 7:27:02 AM

Subject: tuesday tutelage cont...

so yesterday i felt i left a lil bit 2 the im agination ,so i'll clarify

what i was tryin 2 say was

resolutions r easier 2 keep when the environments r conducive 2 keepin them.

4 example ,i can keep mine 2 work out cause the gym literally 5 feet away! i can keep my resolution 2 not play ball competitively in the prison season cause i dont have the heart 2 keep dealing with nonsense n things that leave me stressed out . i can keep my resolve 2 write cause i bought all that pen n paper 4 a reason plus i can see the finished product n how it will impact lives...

so 2 whom it may concern don't get down on urself bout new years resolutions

ask urself

y did i make this resolution in the 1st place?

y is it of dire importance that i keep it?

who's help do i need 2 help keep it? (if ne)

what will happen if i dont keep it?

can i cross it out?

can i rescheduled it?

meanwhile i threw away 1 last night! wanted 2 finish a college type course but GOD told me 2 "let it go" cause he didn't tell me 2 do it in the 1st place

meanwhile make daily resolves n keep them