



steppyks1976 • [Follow](#)



steppyks1976 I haven't posted in a while been so busy. Here it is 2 months using 1 🟡 a day; which has led me to 2 months of my mind not being so loud inside my head 🤯, sometimes more energy or not feeling guilty to just take time to relax my body 😎, 1 month since smoking my last cigarette 🚭, 1 month since reducing my depression 💊 medicine, 1 1/2 months of feeling like food isn't my stomachs enemy 🍕. A couple of times my day has gotten so busy and I forget my 🟡, the next day I can see a difference from missing a day 🤔💡. My biggest accomplishment thus far is finding the courage in me to take a leap my family has wanted me to do for awhile now. No worries or doubt are



Be the first to like this

SEPTEMBER 18



Add a comment...

Post



steppyks1976 • [Follow](#)



feeling guilty to just take time to relax my body 😎, 1 month since smoking my last cigarette 🚭, 1 month since reducing my depression 💊 medicine, 1 1/2 months of feeling like food isn't my stomachs enemy 🍕. A couple of times my day has gotten so busy and I forget my 🟡, the next day I can see a difference from missing a day 🤔. My biggest accomplishment thus far is finding the courage in me to take a leap my family has wanted me to do for awhile now. No worries or doubt are clouding my mind to prevent me from being happy. 😊❤️ #axisklarity #liveyourbestlife #comestripwithme #workinprogress #livingmybestlife

4w



Be the first to like this

SEPTEMBER 18



Add a comment...

Post