

Daily Actions To Improve One's Connection to G-d

Worksheet

Personal/Quiet time: Personal/Quiet time: Take time for yourself every day. Make it a regular practice to set aside quiet times to unwind from the pressures of everyday life.

Sit and Breathe: Sit and breathe, staying focused on your breath. Practice being in the moment and being in the here and now. Practice taking 10 deep breaths immediately after waking up and before going to bed at night.

Eat a healthy diet: Eat to live rather than live to eat. Be aware of which foods promote optimum functioning for you. Abstain from foods which cloud your mind and block you from feeling G-d presence in your life. Your food is the source of your life: eat with dignity and be thankful to the Giver of food.

Pause: Before doing any activity: give yourself a moment to check in with yourself and take a deep breath or two. Focus on what you are about to do. **Stop – Pause – Breathe; Feel – Acknowledge – Accept.**

Honesty: Be honest with yourself. Don't pretend that things that you don't want to confront are not there. Facing problems honestly is better than letting them fester and grow more complicated. Know your good points and be thankful for them and for being who you are.

Openness/Patience: Practice being patient with yourself and others. "Not now" does not mean "never." Sometimes it means "not yet" or that something else better is being planned. Be patient with yourself and pray for help and guidance in everything that you do.

Willingness: be willing to learn and change. Old behaviors are based on old habits. Be willing to change your habits and behaviors and make the next right step. Ask G-d for guidance and direction and to bless your efforts with success.

Share with others whatever to have. In order to give to others, start where you are and grow from there. You are a work in progress. You don't need to be perfect before giving of yourself to others.