

Steps to Transformation

1. Pick one thing you would like to work on internally (character) and spiritually (mitzva) so that we are building ourselves as well as aligning with the Divine Will

Character/midda _____

Mitzva _____

2. Planting - the internalization of an idea, value, quality, attitude, mitzva by exposing ourselves to the desired outcome. Various resources are used to do this. It could be through a person, podcast, youtube video, book or show.

What are some of the specific ways you will plant this new midda and mitzva into your life?

Midda (list specific names of books, podcasts, people)

Mitzva (“ ”)

3. Building - the structured action plan in baby steps to build ourselves toward the desired outcome.

What is a baby step in action you will take daily to work on the specific midda you want to transform?

What is a baby step in action will take daily to work on the specific mitzva you would like to align more with?

4. Print off a chart so that you can track your progress

5. Who is the mentor, Rabbi, Rebtzn that you will run your plan by before taking action on it?

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NOTES

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Mitzva.

NOTES

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4. Print off a chart so that you can track your progress. For example this one:

	SUN	MON	TUES	WED	THUR	FRI
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						

