

Monday

Set 5 random alarms throughout your day today a couple of hours apart and when it goes off see if you are focusing on you or others. If you are focused on you -- do something in that moment to focus on another - send a warm text, smile at someone, get a drink for someone.



Tuesday

Get into a quiet state and say the one line Shema prayer (include it) and focus on Hashem Echad -- that everything is connected including me. Optional talk to Higher power from this place and set an intention for the day that everything I do is for the purpose of connection and building.

NOTES			



Wednesday

Journal -- notice one time today when you felt disconnected and what happened prior. Do the same when you felt connected.

NOTES			



Thursday

Notice when you make a mistake today how do you speak to yourself... Write it down.