10~10 Journal Exercise

1. Write down 10 things you are grateful to Hashem for.

“Thank you Hashem for…”

1. Now write down 10 things you want to ask Hashem to attract to your life.

Having these positive thoughts raises your positive energy, creates higher level thinking and has been found to increase joy and positive feelings and results.

\* This is meant to be a daily practice. Try it for 30 days and look for the miracles to unfold.

\*For the first week, you may want to challenge yourself to think of different gratitude items and see how you come up with something you haven’t thought about in years. For example, a piano teacher who encouraged you from your youth.

\*On Shabbos you can do this exercise in your mind or share it verbally with a friend.