**Spiritual Focus**

*Identify the most important spiritual values in your life. For each area provide a title and a description of measurable results.*

Example:

**Focus on strengthening Emunah (Faith)**

“I would like to worry less and increase my faith that everything turns out well. I will study texts that strengthen my faith every day for 10 minutes.”

**Forgiveness**

“I want to be more forgiving for people who may have harmed me. I will contemplate on forgiving people 5 minutes a day”

**Chesed (Lovingkindness)**

“I want to focus on doing more Chesed in my community. This week I will find a Chesed project and volunteer for 2 hours.”

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**Spiritual Completion Log**

 **Item to Complete Do By Done**

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| Read book on faith 5 min daily | Friday afternoon  | Done |
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Suggested Readings

* Books on Happiness by Rabbi Zelig Pliskin
* Stories of Rebbeim and Tzadikim (Artscroll, Feldheim)
* Stories about the Lubavitcher Rebbe’s personal interactions with people (Here’s My Story)
* Books by Rabbi Dr. Avraham Twerski
* The writings of Rabbi Eliyahu Dessler
* A Tzaddik in Our Time: The Life of Rabbi Aryeh Levine
* Jewish leaders/heroes throughout history
* Living Emunah – Rabbi Ashear