

# #10XSTRONGER

## CHANGE YOUR LIFE

JOIN THE #10XSTRONGER 30-DAY CHALLENGE

1

**I am the Lord**

10X more in touch

2

**No other gods**

10X more fulfilled

3

**No name in vain**

10X more purposeful

4

**Shabbat**

10X more connected

5

**Honor Parents**

10X more grateful

6

**Do not murder**

10X more nurturing

7

**No Adultery**

10X more loyal

8

**No theft**

10X more honest

9

**No false witness**

10X more truthful

10

**No covet**

10X more joyful

THE #10XSTRONGER 30-DAY CHALLENGE  
IS A JOINT PROJECT OF CHAI MITZVAH and ASERET

**VIDEO  
LINK**

## **DAY 1: DO NOT COVET 10X MORE JOYFUL**



**INSPIRATION:** The first step in finding joy is discovering how much you already have. The Hebrew phrase *Hakarat Ha Tov* is often translated as gratitude. It literally means “recognizing the good.” The word *hakarat* is from the verb *lehakir* – to notice, and carries the message that the first step in being grateful is to recognize and appreciate all of the good in our lives. *Set your intention for today to live gratefully.*



**CHALLENGE:** Do three actions today that bring you joy, and notice what it is about them that makes you grateful.



**JOURNAL:** What things did you notice today for which you are grateful? What about them brings you joy?

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# DAY 2: DO NOT COVET 10X MORE JOYFUL



**INSPIRATION:** When Rabbi Zusha was on his deathbed, his students found him in uncontrollable tears. They tried to comfort him by telling him that he was almost as wise as Moses and as kind as Abraham, so he was sure to be judged positively in Heaven. Zusha replied, “When I get to heaven, I will not be asked, ‘Why weren't you like Moses?’ or ‘Why weren't you like Abraham?’ They will ask, ‘Why weren't you like Zusha?’ And then what will I say?” *Set your intention for today to recognize and express your unique qualities.*



**CHALLENGE:** Do three things today that exemplify you and your unique attributes.



**JOURNAL:** Are you living your life with integrity, being the person you feel you are meant to be? If so, what are your strengths and contributions? If not, what would you change?

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# DAY 3: DO NOT COVET 10X MORE JOYFUL



**INSPIRATION:** “Ben Zoma would say: Who is rich? One who is happy with their lot.” Two people were comparing their wealth. One was fabulously wealthy and the other had a modest income. The one who had a modest income said to his wealthy friend, “I have something you don't have – enough!” Seeing what you have and your opportunities as enough is a blessing and something to aspire towards. *Live today as if you have enough.*



**CHALLENGE:** Identify three areas (opportunities, both physical and spiritual/relationships/things) where you feel you have enough, and express gratitude.



**JOURNAL:** What areas of your life are you satisfied with? What areas would like to change, and what opportunities do you have to do so?

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## DAY 4: DO NOT BE A FALSE WITNESS 10X MORE TRUTHFUL



**INSPIRATION:** Abraham was a truth seeker. That's what allowed him to break through all the lies he saw in idolatry. The media is full of lies and we need to be steadfast in our commitment for the truth to break through them. *Set your intention for the day to seek out the truth and only speak truthfully.*



**CHALLENGE:** As you watch/read/listen to the news today, be extra vigilant to question its veracity. Spend some time seeking out the truth of a story you are interested in.



**JOURNAL:** What truths have you uncovered today? Where did your truth seeking journey take you? Were any of your assumptions challenged?

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# DAY 5: DO NOT BE A FALSE WITNESS

## 10X MORE TRUTHFUL



**INSPIRATION:** In order to be accepted to the great Academy of Rabban Gamliel your appearance had to match your inner convictions and standards. Appearing differently from who you are is a form of false testimony. *Set your intention for today to align your inner and outer self.*



**CHALLENGE:** Three times today, monitor your speech and find times that you could phrase something differently to be more honest about how you really feel and think.



**JOURNAL:** Give examples of how your words made a difference today. How did it feel for you to do this?

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# DAY 6: DO NOT BE A FALSE WITNESS 10X MORE TRUTHFUL



**INSPIRATION:** Human speech allows us, amongst other things, to collaborate, advocate, give comfort, but also to cause pain. The Talmud says that the tongue can kill three – the speaker, the listener, and the one spoken about. *Today, set your intention to be mindful about how you use the incredible power of speech.*



**CHALLENGE:** Three times today make a positive difference to someone else using your power of speech.



**JOURNAL:** Give examples of how your words made a difference today. How did it feel for you to do this?

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## DAY 7: DO NOT STEAL 10X MORE HONEST



**INSPIRATION:** *I and Thou* versus *I and It* relationships. To be in an *I and It* relationship turns the human being into an object that can be used for your own benefit. *I and Thou* relationships mean embracing the other in an honest way, as a whole person made in the image of God, turning the dynamic into how you can best help them. ***Set your intention today to engage others in an I-Thou relationship rather than an I-It relationship.***



**CHALLENGE:** Twice today, make a conscious effort to engage in an *I-Thou* relationship with someone you might not ordinarily have that type of exchange. Notice how it colors your interpersonal relationships.



**JOURNAL:** What kind of encounters did you have today that required you to transcend the transactional? Where you able to turn any *I-it* transactions into an *I-Thou* relationship?

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# DAY 8: DO NOT STEAL 10X MORE HONEST



**INSPIRATION:** Our tradition considers earning someone's respect through deception to be theft. *Ganavot da'at* literally means stealing thoughts. It means manipulating others in order that they form an undeserved positive impression of you. *Set your intention to gain rightfully any positive impression or respect.*



**CHALLENGE:** In your interactions today become aware of when you are trying to impress others and what tactics you use. Check yourself and your motivations. What are you looking for? Try to do this twice today.



**JOURNAL:** How did it feel to take a hard look at your motives today for some of the encounters you had with others? Did you find yourself rethinking the way you interacted based on this *diber* (commandment)?

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# DAY 9: DO NOT STEAL

## 10X MORE HONEST



**INSPIRATION:** Stealing things, both tangible and intangible, including someone's time, is theft. *Set your intention to be honest about what you rightfully own and have the use of, be it gifted, borrowed or purchased from others.*



**CHALLENGE:** Twice today, consciously make honest decisions when purchasing, receiving by way of gift, or borrowing someone's time, ideas, or things. If you borrow something, make sure the other person knows what you borrowed.



**JOURNAL:** When were you especially conscious of being honest? Was it surprising to you to think about what you have or might have acquired through other people's largesse? Explain.

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## DAY 10: DO NOT COMMIT ADULTERY 10X MORE LOYAL



**INSPIRATION:** Being faithful takes work, especially when other opportunities present themselves. Sometimes, the effort required to be faithful is great; however, it is in these times that it is most meaningful and fulfilling. *Set your intention for today to demonstrate appreciation for the choices to which you have committed.*



**CHALLENGE:** Do something to demonstrate your appreciation for two people (or groups) to which you are committed. For example, send flowers to your partner or let your co-workers know you appreciate them and why.



**JOURNAL:** Acknowledge that for each of the commitments you focused on today, you could have made other choices. Journal about why you made these particular choices and the benefits you derive from them.

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# DAY 11: DO NOT COMMIT ADULTERY 10X MORE LOYAL



**INSPIRATION:** Commitments are the hidden threads that bind our relationships. The more committed we are, the stronger the bonds become, allowing trust to form and love to flourish. *Set your intention for today to shine the light of loyalty.*



**CHALLENGE:** Identify a commitment you have made, and show your commitment by increasing the time and effort you bring to it today.



**JOURNAL:** How did your increased effort impact you and your commitment? What gets in the way of your full fulfillment of commitments?

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# DAY 12: DO NOT COMMIT ADULTERY 10X MORE LOYAL



**INSPIRATION:** A *contract* is a give-and-take where each party is interested in their own benefit, whereas a *covenant* is the coming together of two or more parties in order to create something for the benefit of the other, or better yet, the whole. It is a merging of identities from the “I” to the “We.” *Set your intention today to acknowledge and honor your covenantal relationships.*



**CHALLENGE:** Identify one relationship in your life that you would consider *covenantal*. Write an oath or a letter expressing your loyalty to this relationship. Keep it to yourself, or share it with the person with whom you are in this relationship.



**JOURNAL:** How do you experience a *covenantal* relationship differently from a *contractual* one?

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## DAY 13: DO NOT MURDER 10X MORE NURTURING



**INSPIRATION:** Our tradition teaches that the first thing God created was time. Our lives are time-bound but also time-blessed; we live life through time. *Today, be aware of your attitude towards the things you do and how you spend your time.*



**CHALLENGE:** Engage in the “Last Time” meditation: Choose something aggravating in your day. Realize that there will be a last time that you do every single thing in your life. Find something that you will miss about never doing this action again, and see how much more peaceful you feel.



**JOURNAL:** What did you imagine doing for the last time? Did it allow you to have more tranquility? What other thoughts came/come to mind based on your experience?

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# DAY 14: DO NOT MURDER

## 10X MORE NURTURING



**INSPIRATION:** Life is not only physical; the emotional is just as important. Our life-force flows from the heart. The Talmud teaches that public humiliation is akin to murder. *Today, focus on the emotional well-being of those around you.*



**CHALLENGE:** Reach out to someone you know who is down, especially if it is because they have been ashamed or embarrassed. Let them know you care about them. You can also reach out to a friend whom you might have embarrassed – whether intentionally or not – and try to make it right.



**JOURNAL:** Who did you reach out to, and why? What did you do to pick up their spirits? If pertinent, journal about shaming, why it happens, and how it can be avoided.

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# DAY 15: DO NOT MURDER

## 10X MORE NURTURING



**INSPIRATION:** *Today, appreciate your body – a complex system that enables us to live, and that we often take for granted.*



**CHALLENGE:** Our tradition has a blessing, Asher Yatzar, “Who has created,” to say after going to the bathroom. Say this blessing every time you visit the bathroom today. If you already say it, say it with extra intention. *Blessed are You, our God, sovereign of the universe, who formed humans with wisdom and created within our body many openings and many hollows. It is revealed before your throne that if one of them were ruptured, or if one of them were blocked, it would be impossible to exist and stand in your presence. Blessed are You, God, who heals all flesh and performs wonders.* [translation: Uri Allen].



**JOURNAL:** Journal about your appreciation for your body. What does it mean to you that your body is a home for your soul?

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## DAY 16: HONOR YOUR PARENTS

### 10X MORE GRATEFUL



**INSPIRATION:** "Honoring Parents" is the theme of the next three days. At the very least, our parents gave us life. As we say "*Dayenu*" – it would have been enough! *Today's intention is to be grateful to our parents.*



**CHALLENGE:** Think of an aspect of your relationship with your parents and/or grandparents for which you are grateful and show your gratitude by telling them. If that's not possible, share your gratitude with someone else or in your journal.



**JOURNAL:** As adults, we have to come to terms with our parents' strengths and flaws. Focus and write about the positive lessons you received from your parents, as well as think about one shortcoming that you can now see in another light.

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# DAY 17: HONOR YOUR PARENTS

## 10X MORE GRATEFUL



**INSPIRATION:** Honoring parents teaches us to be grateful to all the people who have helped us along the way of life. *Today's intention is to be grateful to those people.*



**CHALLENGE:** Think about two people who have helped you on your life path to whom you are grateful. If possible, reach out to them to thank them. If you can no longer contact them, do something in their honor.



**JOURNAL:** Journal about the people to whom you are grateful and how they helped you.

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# DAY 18: HONOR YOUR PARENTS

## 10X MORE GRATEFUL



**INSPIRATION:** There are people who have made significant contributions to making the world a better place from which you benefit greatly. *Set your intention today to be grateful to the heroes and role models on whose shoulders we stand.*



**CHALLENGE:** Identify someone who you feel has made the world a better place. Why is this so, what was their contribution? Write a tribute to them and post on social media or share with a friend.



**JOURNAL:** Journal about how your hero or role model made the world a better place and how they impacted your life.

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## DAY 19: KEEP SHABBAT 10X MORE CONNECTED



**INSPIRATION:** Once a week, we stop changing and manipulating the world to rejuvenate and connect with each other and our higher purpose. *Set your intention for this Shabbat to connect to the wonder of living together with others.*



**CHALLENGE:** Notice the quality of tool-free time and your ability to connect more meaningfully with others. Depending on your regular Shabbat observance, make a special effort this Shabbat to put down all your "tools." If you don't usually turn off your phone, turn it off for as long as possible.



**JOURNAL:** If it was something you don't normally do, how did it feel to eliminate the distraction of your cell phone? What did you find happening in its place? Were you able to connect with others? How do you describe the quality of tool-free time?

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## DAY 20: KEEP SHABBAT 10X MORE CONNECTED



**INSPIRATION:** We need to take breaks from productive work for many reasons, one for the sake of productivity itself. During downtime, our bodies recuperate, and our minds reboot. It is often during these times that we have our most creative thoughts, allowing us to emerge refreshed and motivated. The mitzvot/rituals of Shabbat help us enter this space. *Set your intention for this Shabbat to create an island in time on which you can reboot.*



**CHALLENGE:** Choose a Shabbat mitzvah/ritual, either one that you are familiar with, or one that is new, and begin Shabbat (Friday night) by taking part in it. Options include the traditional: lighting candles, kiddush, hamotzi; as well as favorite Shabbat songs. Try to bring a special *Kavanah* - direction of the heart - focused on the essence of the experience.



**JOURNAL:** Which Shabbat ritual did you focus on? What special meaning did it have for you? What would you need to do to create Shabbat as an island in time?

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# DAY 21: KEEP SHABBAT

## 10X MORE CONNECTED



**INSPIRATION:** Sometimes, the people we need to connect to the most are ourselves. We get lost in the hustle and bustle of the week as well as in the constant stream of media that we consume. *Set your intention to connect with yourself this Shabbat.*



**CHALLENGE:** Make time to be alone this Shabbat without distractions to connect with yourself. A suggestion: Before Shabbat create a *mizrach*. Find an image that is meaningful for you, and place it on the eastern wall of your house, towards Jerusalem, the direction Jews have traditionally faced when praying. Focus on the image and observe what thoughts enter your mind. Try to connect to a sense of contentment and let go of troubling thoughts.



**JOURNAL:** Did you notice a different feeling before and after your time alone? How could you make time alone most beneficial?

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## DAY 22: NAME IN VAIN 10X MORE PURPOSEFUL



**INSPIRATION:** Somethings are sacred. Until you act like they're not. Then you lose them. [Karen M Moning] *Set your intention for the day to be aware of those values most imbued with sacredness to you.*



**CHALLENGE:** We all have STUFF. Most of us have too much of it and don't need it. Choose a closet, bookshelf, etc - someplace where you have amassed more than you need. Go through it. Keep those things in which you find meaning. The rest, pack in a bag and donate it to a worthy charity.



**JOURNAL:** What did you find? How did it feel to look at your possessions through the lense of sacredness? What did you realize?

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# DAY 24: NAME IN VAIN

## 10X MORE PURPOSEFUL



**INSPIRATION:** Living with a higher purpose means positively impacting the world around you. *Set your intention for today to be a force for good.*



**CHALLENGE:** As you go through your day today, keep your eyes open for two opportunities to do something that impacts the world around you in a positive way. Bonus! Share with your family/friends or on social media.



**JOURNAL:** How did you contribute to making the world a better place today? How did it make you feel? How do you respond to those times when you try but are unsuccessful?

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## DAY 25: NO OTHER GODS 10X MORE FULFILLED



**INSPIRATION:** Modern day idolatry is bad because it ascribes ultimate power to people, things, or ideas, specifically to who or what has the power to provide for our needs and wants. *Set your intention for today to call out false gods.*



**CHALLENGE:** Identify 3 modern-day idols.. Useful categories are: a person who puts themselves above the law, an idea that has become unquestionable, something that is “worshipped” because people believe it's all they need in order to be fulfilled.



**JOURNAL:** What did you identify as false gods? How would you put them in perspective?

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# DAY 26: NO OTHER GODS

## 10X MORE FULFILLED



**INSPIRATION:** Our tradition teaches that our ego can serve as a false god within us. “Greatness doesn't mean that you always have to be the one to do great things; it means that you care that great things have been done.” (Rabbi Moshe Shapiro). *Set your intention for today to celebrate the great things people around you are doing.*



**CHALLENGE:** Two times today, identify great things being done by others. If you can, thank them for it.



**JOURNAL:** What did you identify as false gods? How would you put them in perspective?

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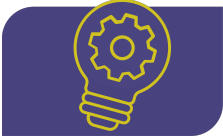
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# DAY 27: NO OTHER GODS

## 10X MORE FULFILLED



**INSPIRATION:** The joke is told of the man who died in a flood after refusing all help because he was waiting for God to save him. He arrives in heaven and asks God “Why didn't you save me?” God responds, “I sent you a fire truck, then a canoe, and even a helicopter; what more do you want from me?” *Set your intention today to combine a trust in God with a sense of self-agency so that it is not an either-or proposition.*



**CHALLENGE:** Two times today, identify great things being done by others. If you can, thank them for it.



**JOURNAL:** What did you identify as false gods? How would you put them in perspective?

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## DAY 28: I AM THE LORD 10X MORE IN TOUCH



**INSPIRATION:** The first step on the spiritual path is recognizing the things we can't control. Our tradition teaches, "Everything is in the hands of heaven, except for the awareness of heaven." *Set your intention today to be in touch with what you control and what you don't.*



**CHALLENGE:** Find two opportunities today to surrender control when feeling anxious or frustrated. Say a little prayer that includes your acceptance of the things you cannot change.



**JOURNAL:** Did today's challenge help you find a way to surrender and trust God more? How can you let a sense of trust renew yourself when you feel depleted?

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# DAY 29: I AM THE LORD

## 10X MORE IN TOUCH



**INSPIRATION:** It's easy to be kind when it's convenient; it's a whole other level when you have to put your ego to the side and put someone else first. According to our tradition, being in touch with God means seeing God's *chesed*, kindness in the world and emulating it. *Today, set your intention to think about others, especially when you feel compelled to think about yourself.*



**CHALLENGE:** Find two opportunities today to surrender control when feeling anxious or frustrated. Say a little prayer that includes your acceptance of the things you cannot change.



**JOURNAL:** Write a spiritual/emotional gift registry, a list of five things you think someone you know would want. Share it with them, and see how well you know what their needs are.

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# DAY 30: I AM THE LORD

## 10X MORE IN TOUCH



**INSPIRATION:** Maimonides lists 8 levels of Tzedakah. The highest form is helping someone earn a living. As the saying goes, “Give a man a fish, and he will have food for one day; give him a fishing rod, and he will have food for the rest of his life.” *Set your intention today to give on the highest level.*



**CHALLENGE:** Make a charitable donation to a cause that gives people “fishing rods.” Education is, of course, included, not only for skills that help us make a financial living but also for skills that allow us to “earn” a spiritual life.



**JOURNAL:** Write a spiritual/emotional gift registry, a list of five things you think someone you know would want. Share it with them, and see how well you know what their needs are.

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# HOW TO USE THIS BOOKLET:

**Strengthen your Jewish foundations  
in just 30 days.**

- Each page of the booklet corresponds to one day of the #10XSTRONGER 30-day challenge,
- You will focus on each one of the 10 Commandments for three days.
- On the first day of each commandment, use the link to watch a short video.
- Then, each day, read the inspiration, do the guided task, and journal about your experience and thoughts.
- Invite your friends and family to join the challenge as well!



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