

# #10XSTRONGER

## CHANGE YOUR LIFE

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

DIBER #4  
VIDEO  
LINK

## DAY 7: KEEP SHABBAT 10X MORE CONNECTED



**INSPIRATION:** Once a week, we take a break to rejuvenate, and connect with each other and our higher purpose. *Set your intention for this Shabbat to appreciate life and connect to others.*



**CHALLENGE:** Depending on your regular Shabbat observance, make a special effort this Shabbat to unplug from your electronics. For example, 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 in a different way? How do you describe the quality of unplugged time?

---

---

---

---

---

DIBER #3  
VIDEO  
LINK

## DAY 8: 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?

---

---

---

---

---

---

---

---

---

---

# HOW TO USE THIS BOOKLET:

**Strengthen your Jewish foundations  
in just 10 days.**

- Each page of the booklet corresponds to one day of the #10XSTRONGER 10-day challenge.
- Use the link on each page to watch a short video.
- Then, 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!
- *Record your progress*



WWW.CHAIMITZVAH.ORG



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