

# #10XSTRONGER

CHANGE YOUR LIFE

JOIN THE STUDENTS

#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

**VIDEO  
DIBER #10**

# DAY 1: 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 one thing today that exemplifies you and your unique attributes.



**JOURNAL:** Are you 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 2: 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:** Make a positive difference to someone else today by using your power of speech.



**JOURNAL:** Give an example of how your words made a difference today. How did it feel for you to use your power of speech to make a difference?

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# 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, 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!
- *Record your progress:*



[WWW.CHAIMITZVAH.ORG](http://WWW.CHAIMITZVAH.ORG)



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