

#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 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?

DAY 23: NAME IN VAIN 10X MORE PURPOSEFUL



INSPIRATION: The two most important days in your life are the day you are born and the day you find out why. [Mark Twain] *Set your intention for today to reflect on your "why."*



CHALLENGE: Identify three things you do today that connect to your why.



JOURNAL: How did reframing the mundane to your sacred purpose increase your appreciation for what you do? What would it take to live a more sacred life?

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?

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. [Click here to record your daily progress.](#)
- Invite your friends and family to join the challenge as well!



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