

Habit Fix

with Rabbi Benji

Find yourself a good friend

Today I am drawn to another great insight from Clear.

“Whatever habits are normal in your culture are amongst the most attractive behaviors you’ll find.”

Our society provides a sort of invisible peer pressure that pulls us in its direction.

This is pretty scary. I think it’s more alarming today than ever. Modern culture is so strong and pervasive. Our lives are filled with the voices of thousands of ‘influencers’ all normalizing what they see as right. All showing us subconsciously what behaviors are attractive to take on.

I wonder how aware I am of the effect that modern culture has on me and my family.

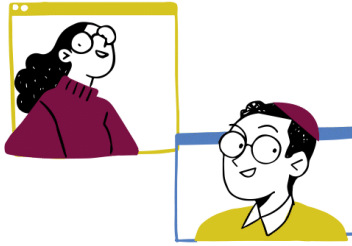
How do we make a conscious shift from being a victim of culture to being the masters of our own culture? How do we create an environment that pushes us subconsciously to do better and be better? A culture where our desired behavior is the normal behavior.



We are told that you should: “acquire for yourself a friend”.¹ The word acquire has always seemed a bit odd to me. It sounds almost transactional. Surely friends are made. Naturally and reciprocally — not acquired. But maybe this is why the *mishna* uses the word acquire.


Friendships are so important. They need to be calculated and invested in like when acquiring something important. We need to weigh up the effect people will have on our lives. We need to make sure we are surrounding ourselves with people who will help us be the people we want to be.

Clear explains that we imitate the habits of three groups: The close, the many, and the powerful. Society does a good job of identifying the many and the powerful, but we can be more aware of that and determine who the close are.




Today lets...✓

Identify people in our lives who help us become the people we want to be. People who are on a similar path of growth and self-development. Let's realize that their behavior will have an effect on our behavior. Their behavior will subconsciously make our good habits more successful and bad habits less successful. (And of course we should be conscious of the effects we have on them.)



Use the fourth tab (Day 13) on your sheet to list the people that are likely to make us better.



Reach out to them. Message, call, or meet up with them and bolster your connection.

Google Sheet

With blessings,
Rabbi *Benji*

Email hello@rabbibenji.com to share your story. We'll be featuring these stories of change on our social channels so we can all inspire each other.



Email Rabbi Benji

1. Avot 1:6

