

Habit Fix

with Rabbi Benji



Newness

As it's the last email I'll be sending before Rosh Hashana, Clear's next insight couldn't be more appropriate: 'Habits can be easier to change in a **new environment**'.

He gives a couple of examples. If you want to think more creatively — go to a big double volume room... If you want your food choices to be healthier — go to a new grocery store and reorder your pantry with healthy food...

It seems that just like a stable environment can entrench and solidify old habits; new environments can be the best launch pads for new habits.

I'm wondering if Rosh Hashana is not the ultimate new 'environment'. The birthday of humanity. What better time could there be to inspire us on our journey to make our new habits or *mitzvot* stick?

Today let's... ✓

Go back to the first two tabs on your google sheet and remind yourself of the things you want to do **and** the person that they will make you be. Write them down on a piece of paper and reflect on them over Rosh Hashana. Consider ways you can alter your environment to support them. Use the awesome power that the day brings to visualize and entrench these new habits into your daily life.

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Wishing you and your family a Shana Tova Umetuka and Shabbat Shalom.

With blessing,
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.

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