

Habit Fix

with Rabbi Benji



Welcome to #HabitFix: a 40 day journey to making great habits and breaking bad ones.

I recently had a light bulb moment. As I turned the pages of James Clear's *Atomic Habits*, I considered whether we are really the sum total of our actions? Are the good deeds we are commanded to do (*mitzvot*), perhaps habit builders? If the answer to both of these questions is yes, then how can we marry these ideas to become better people?

Each of the *mitzvot* contains tips on how to live a more meaningful life.¹

I started to think about what good habits I want to take on, what bad habits I want to rid myself of, and how Rosh Hashana (the Jewish New Year) could serve as a launchpad to build *Atomic Habits* in my own life.

The Talmud states: 'The way in which a person chooses to go, they are led.'² I always thought first we choose, then we are led, but in reality it is a two-way street. There is a higher system that directs the outcome, based on our choice. We can only achieve once we choose what we want to achieve. This first step is one of the most crucial in actualizing our potential.

While it's important to grow, nothing beats knowing you're not in it alone. So I would love you to join me on this journey.

Take the first step with me. Whether you have a habit you want to form or break, are looking for a framework to enhance your life through baby steps in a short time or just want to try something different in the New Year, join me on this 40-day journey as we grow through life!

With blessing,
Rabbi Benji

P.S. I want to clarify a few things as we begin per below...

Why 40 days? Why Now?

Throughout the Torah, 40 days signifies deep change and significant transformation. For example...

**Flood**

The flood lasted 40 days and 40 nights which reset the world.³

Mt. Sinai

Moses was on Mt. Sinai for 40 days and 40 nights for revelation.⁴

Spies

The spies were sent to Israel for 40 days to plan a new reality.⁵

The Creation

40 days before the creation of a child, a heavenly voice declares one's destiny.⁶

Many have instituted 40-day Jewish practices as a result ⁷. This will be ours. And what better time than from just before Selichot (traditional prayers said in the lead-up to Rosh Hashana) through till after Sukkot (when we see through practical changes in our New Year). Many see each of the key festivals, Rosh Hashana or Yom Kippur or Sukkot as independent entities. And while they are, they are also a broader unit. Going on this journey through that period allows us to connect the dots and tap into the unique power of this time ⁸.

Mitzvot or habits

As I got deeper into Clear's methodology, the words *mitzvot* and habits became somewhat interchangeable. The purpose of this guide is to turn the *mitzvot* that you choose into daily habits that become integral to your life.

How it works

We'll spend the first few days working out and refining which habits we want to change. Each day, except for Shabbat and festivals, we'll send you some practical advice to make sure those habits stick. If all goes well, by Rosh Hashana, we will be well on our way to integrating some wonderful new *mitzvot* as habits in our lives and by the beginning of the next Jewish month, they will hopefully have stuck.

Make sure the emails don't go to your spam

Add this email to your Primary inbox. Here's how:



Desktop: Go back to your main inbox, then click and drag this email to the Primary tab.



Mobile: Click the three dots in the top right corner of this message, then click "Move To", then "Primary".

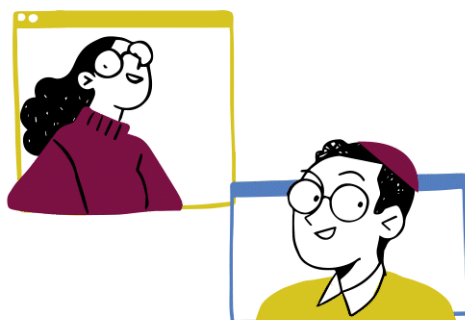


Outlook: Click the banner that says "Click here to download pictures" at the top of this message. Select "Add Sender to Safe Senders list".



Apple mail: Click on my email address at the top of this message (next to the "From" field) and choose "Add to Contacts" or "Add to VIPs".

Don't go alone...



Do you know someone else who could benefit from this journey? Invite them to come along, by forwarding this email. Besides their own benefit, as we will soon discover, they have a big role in making sure you keep to your new habits.

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.

Many of these ideas have been shaped by James Clear's *Atomic Habits* as well as his *30 Days to Better Habits* and I recommend both! In an attempt to cherry pick or summarize some of his ideas and those of others, I may not do justice

¹Zohar Chadash 82.2

²Talmud, Makkot 10b

³Genesis 7:17.

⁴Exodus 24:18.

⁵Numbers 13:25.

⁶Talmud, Sotat 2a.

⁷See Segulot HaBesht, Pat Shacharit.

⁸See Rabbi Avigdor Nebenzhal, *Sichot Al Sefer Davarim*, p 93.

⁹See *Sefer Hachinuch*, Mitzva 16, 40, 264, 324.

Copyright © 2023 Rabbi Dr. Benji Levy All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.