

Habit Fix

with Rabbi Benji



Habits, identity and *Mitzvot*

People often ask me ‘Why can’t I just be a good person’ and ‘why do we have so many mitzvot (commandments) with intricate detail?’

It’s not just our worldview and thoughts that matter, it’s the cumulative effect of everything we do. Our habits create who we are. They inform our identity.

The Talmud calls the commandments a gift.¹ They are a set of detailed actions that help us shape who we become.

And there is a unique feedback loop here whereby our actions create our identity, and our identity fuels our actions.

Here’s an example. There is a *mitzva* to give 10% of our income to charity. And so each month, as that paycheck comes in, many ringfence 10% and give it to others. Through that action we become people who care about others. Being people who care about others then makes it more natural for us to give.

Shabbat Shalom!

With blessings,

Rabbi Benji

Today let's... ✓



Start making a list of *mitzvot* that we want to make habits out of over the course of this month.



Identify what making that *mitzvah* a habit **will make you become**.

Say blessings over food

The goal is not just to say blessings before food; the goal is to become a person who acknowledges how



Praying every morning

The goal is not only to pray every morning; the goal is to become a grateful person who starts

Honouring my parents

The goal is not to honor your parents; the goal is to become a person who expresses their gratitude for

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 As you build your list, remember the focus is on 'who you wish to become', not what you want to 'achieve'. You shouldn't be thinking 'I am a person who wants this', you should be thinking 'I am a person who **is** this'. 

1 Make a list

The list can be long or short. The only criteria is to focus on actions that are either most important to you, perhaps something you have been struggling with, or the things that you believe will shape the person that you wish to become.

2 Use our Google sheet

Copy this google sheet to start making your own private list.

Bookmark this list as we will refer to it many times on our journey.

3 Don't get overwhelmed

You will see there are lots of tabs. Don't get overwhelmed. We will come to them in good time. All you need to complete are the first two columns on the first tab.

[Google Sheet](#)

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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¹See Midrash Tanchuma, Ki Tisa 16; Rashi, Exodus 31:18; Talmud, Eruvin 54a; Nedarim 55a.



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