

# Habit Fix

with Rabbi Benji



## The getaway habit

Sometimes tasks can appear mammoth. So we don't even get started. Clear's Two-Minute Rule states that 'when you start a new habit, it shouldn't take more than two minutes to do' He talks about a gateway habit — a small habit that you do that sets the stage for the long-term. The habit that makes sure you show up. He gives an example of someone who wanted to get back into the gym. They told themselves that all they needed to do was pack a gym bag and stay for 10 minutes...

Pull up the list that we refined yesterday. How do you 'show up' for that habit or mitzva? What is the gateway habit, or two-minute version, to the long-term goal of making that mitzva part of your life?

Here are some examples:

### ★ Say Blessings over food.

The goal is not just to say blessings before food; the goal is to become a person who acknowledges how fortunate he or she is to have that food.

### ★ Praying every morning

The goal is not only to pray every morning; the goal is to become a grateful person who starts their day that way.

### ★ Honoring your parents

Commit to calling or messaging your parents at least once a week before Shabbat and festivals.

## Today let's... ✓

Identify the gateway to each of our habits. Use the 'gateway habit' column on the first tab on your google sheet.

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With blessings,  
Rabbi *Benji*

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