

- #1 Choose Life** Today I choose life and invite Divine Light to help me create brighter day.
- #2 Awe** Today I will pause with awe to see eternal Divine Light permeating all of Nature.
- #3 Self-Care** Today I will strive to thrive by eating, drinking, and exercising with intention.
- #4 Joy** Today I will make time for joy so I can experience Divine Light through delight.
- #5 Uplift:** Today I will uplift my physical acts with blessings and see boundaries as blessings.
- #6 Gratitude** Today, when I find myself comparing, I will use the lens of gratitude.
- #7 Higher Purpose** Today I will try to stretch myself beyond my struggles and strive for a Higher Purpose through giving and helping someone else.
- #8 Acceptance** Today, I accept the challenges of my personal darkness and what it requires of me and then I will leave the rest to God.
- #9 Cleanliness** Today I will give myself a 'fresh start' through cleanliness.
- #10 Trust** Today, I will trust that I am connected to God's spirit in my own personal way.
- #11 Authenticity** Today I will strive to be authentic, knowing I must tolerate feeling vulnerable in exchange for real connection.

- #12 Flexibility** Today I will choose to be flexible rather than rigid so that I can adjust to the day's challenges with strength and self-reliance.
- #13 Speech** Today I will purposely speak positively to myself and others.
- #14 Communications** Today, I will communicate about preferences and check perceptions.
- #15 Revelations** I will incorporate one revealed source of Divine to consistently fuel inspiration and connection.
- #16 Affirmations** When I need a new perspective I will use positive affirmations.
- #17 Separation** Today I will not let my personal darkness or the darkness of others, define me or my day because I am consciously separating from it.
- #18 Centering** Today I will assess myself throughout the day so I can keep myself centered.
- #19 Healing** When in darkness, I commit to doing no harm so I can continue to heal.
- #20 Sleep** Tonight I will do what I need to do to get my best sleep.
- #21 Torah Prayer** Today I will proclaim the Shema twice and listen to myself as I say it to concentrate more meaningfully.
- #22 Priorities** Today I will prioritize peace by pursuing my responsibilities and personal goals.
- #23 My Best** When I make my best effort to have my best day possible, that is good enough.