



”הַיּוֹת הָאֲדָם פּוֹנֶה תָּמִיד לְבוֹרְאוֹ”

...That we should turn always to our Creator.

The First Three Reasons to Trust Hashem

Based on the Sefer חובות הלבבות

שער הבטחון פרק ב

Study These. Ponder Them. Meditate on Them.

Say them aloud to yourself over and over

"I can let go and trust Hashem because..."

1. He is totally loving, caring, and compassionate towards me. His love for me is overwhelming, complete, and merciful.
2. His attention is constantly focused on me and my needs. He never, ever gets distracted from me and my needs.
3. He is All Powerful. No one and nothing can stop Him from doing what He wants for me. He is unlimited in fulfilling my requests and my needs.

Building Awareness

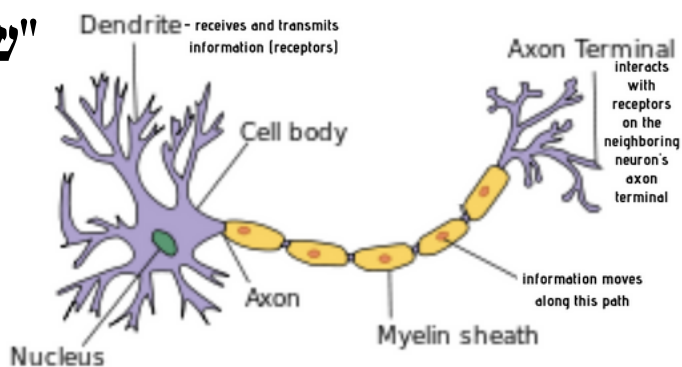


1 "Until you make the unconscious conscious, it will direct your life and you will call it fate."

~ Carl Jung, Swiss psychiatrist and psychoanalyst

*Choose What To Think
Use The Power of Your Mind*

2 "שנתוסף בו דעה ודבור"
'רש"י - בראשית ב'ז'



3 **Repetition | Repetition | Repetition**



Rav Yisrael Salanter

4 **Create New Mental Habits**

*~The Habit of Love~
~The Habit of Trust~
~The Habit of Transcendence~*

WHO AM I?

Habits

ACT AS IF



THREE LAYERS OF BEHAVIOR CHANGE

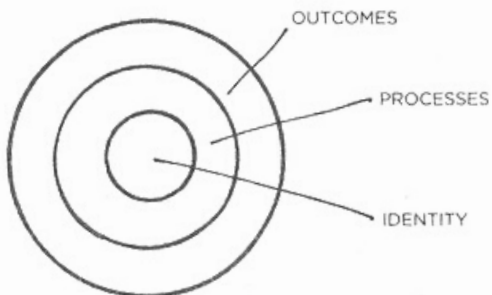
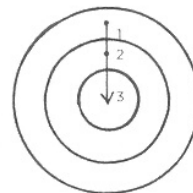


FIGURE 3: There are three layers of behavior change: a change in your outcomes, a change in your processes, or a change in your identity.

OUTCOME-BASED HABITS



IDENTITY-BASED HABITS

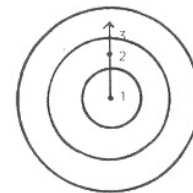


FIGURE 4: With outcome-based habits, the focus is on what you want to achieve. With identity-based habits, the focus is on who you wish to become.

"Your Identity Emerges Out of Your Habits"

"כִּי הָאָדָם נִפְעֵל כִּפִּי פְעֻלוֹתָיו"

A person is formed by his/her actions

ספר החינוך, מצוה ט"ז

דע, כי האדם נפעל כפי פעולותיו, ולבו וכל מחשבתיו תמיד אחר מעשיו שהוא עוסק בהם אם טוב ואם רע, ואפילו רשע גמור בלבבו וכל יצר מחשבות לבו רק רע כל היום, אם יערה רוחו וישים השתדלותו ועסקו בהתמדה בתורה ובמצות, ואפילו שלא לשם שמים, מיד ינטה אל הטוב, ומתוך שלא לשמה בא לשמה, ובכח מעשיו ימית היצר הרע, כי אחרי הפעלות נמשכים הלבבות.

Know that a man is influenced in accordance with his actions. His heart and all his thoughts are always [drawn] after his deeds in which he is occupied, whether [they are] good or bad. Thus even a person who is thoroughly wicked in his heart, and every imagination of the thoughts of his heart is only evil the entire day - if he will arouse his spirit and set his striving and his occupation, with constancy, in the Torah and the mitzvos, even if not for the sake of Heaven, he will veer at once toward the good, and with the power of his good deeds he will deaden his evil impulse. For after one's acts is the heart drawn.