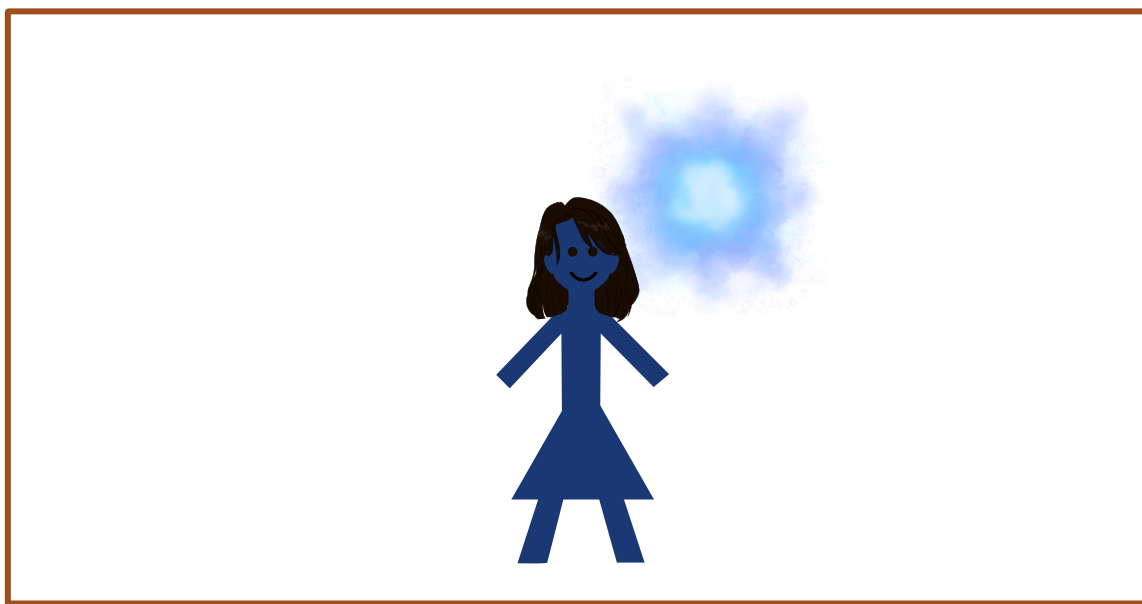


The Vision

The First Step: What Is The Desired Outcome?

Jump Into The Future And See Your Life
As You Would Want It To Be.

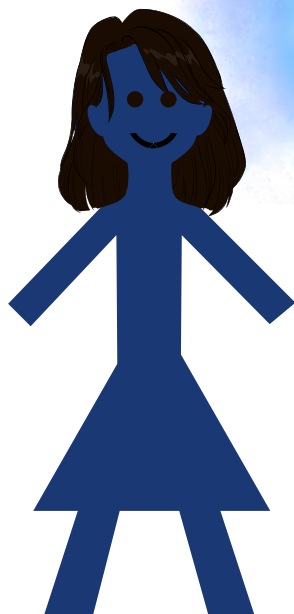
1. What are the Character Traits that I would love to have?
2. What is the Impact that I want to have on others?
3. What does my relationship with Hashem look like?
4. In this Picture of myself that I want to grow into...
 - A. What Am I Doing?
 - B. How Do I Feel?
 - C. What Does My World Look Like?
 - D. Listen to Your 'Dreamer' Voice.Shut down the 'Realist' and the 'Critic' for now.



Draw out every aspect of your Vision: Physical. Emotional. Spiritual. Mental.

KEEP Looking At This Vision!
KEEP Tweaking This Vision
KEEP Rehearsing The Desired Outcome

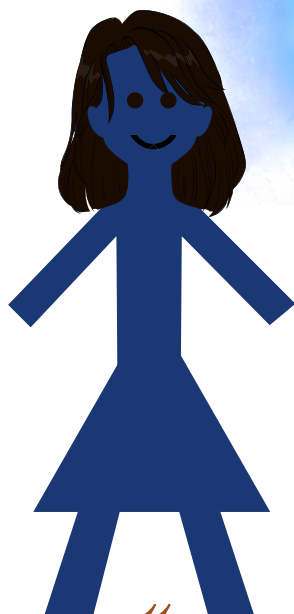
My Vision



What Am I Doing?
How Do I Feel?
How Do I Impact Others?
Physical. Emotional. Spiritual. Mental.

What Is My
Relationship
With Hashem?

My Vision



What Am I Doing?
How Do I Feel?
How Do I Impact Others?
Physical. Emotional. Spiritual. Mental.

What Is My
Relationship
With Hashem?

Stop. Think. Now You Can Act!

אצל צרשם אין...

כאן רק מדה אחת טובה ומדה אחת רעה, המדה הרעה היא הכוונה אחת החיים הטבעיים על מהלכם הטבעי, ובלי כל השתדלות ישחלם צמדות הרעות כולן, יהי כעסן מזוין, נוקס מזוין, גאה מזוין וכן הלאה, לא יחסר לו מכל המדות הרעות שזמו חכמים מאומה.

והמדה הטובה היא הכסממה המוחלטת לזכר את הרגש המוכרי על רגש התאוני ומנקודה זו הוא לוחם נגד כל מדות הרעות יחד, ולא יחכן שהחיה הכסממה זו לחלואין, שזה האיש אשר אור השכל וסגולת הנפש הקיטובו וישפיעו עליו לזחירת הטוב, הוא שואף בשעה הטובה לטוב צלי מזרים ואינו רואה שצט לנפשו בכל הטוב שיעשה, והוא רואה עולם נרחב בלתי קץ ובלתי חלית, וכרגע יתעב כל מדות רעות יחד. (חזון איש, אמונה ובטחון - פרק ד')

At the root (of all specific middos) there is one good middah and one evil middah. The evil middah is to allow one's life to take its natural course. Without any effort one will excel in all evil middos...

The good middah is the absolute decision to overpower one's natural desires with one's ethical yearnings. This is how one battles all his evil middos.



?

Live in
the Tension!



?

*** We Can Develop Into Thinking People Who Are In Control Of
Ourselves, As Our Actions Will Be Guided By Our שכל
Instead Of Our Natural Tendencies ***

Let's Train That Critical Voice... ...And Learn How to Use It...

We all have a critical inner voice, which is not always bad. That voice protected us from doing things which we would have been ashamed of or punished for. But it must be well-trained to state its opinion only when it is helpful and protective. If we do not define its task and limit its power, it will paralyze us with anxiety and self-hatred.

-Miriam Adahan

Here's What We Tell The Voice:

1. Define Its Task:

Your job is to _____

2. Limit Its Power

a. Give it A Time: "I'm putting you in a box. You can come out later."

or

"I will listen to you for 10 minutes at _ o'clock."

b. Give it Parameters:

I can only listen to you if what you're saying is helpful and protective.

c. Welcome Its Input:

- a) I know you're trying to protect me
- b) Thank you for your efforts
- c) You have some wisdom, and you know me well. I hear you.

When Dealing with the Voice, Ask Yourself:

Is this Thought Helpful?

Is it Getting me Closer to Who I want to Be?