

40 DAYS

forty days of teshuva

starting on **ROSH CHODESH ELUL**

SIX WEEKS

that will change your life forever.



**Do an act.
Watch it spread.
Change the world.**

WEEK one
WEEK two
WEEK three

smile till it hurts

No one needs a smile more than the person who doesn't have one to give.

What can you do?



Smile to everyone without any prejudice.

give thanks

G-d gave you a gift today of 86,400 seconds, use ONE to say thank you.

What can you do?



Say thank you for little things and big things.

small favors

Small gestures make a big difference.

What can you do?



Hold doors open and help someone with their packages.

"The response to evil is to put good into the world."

✓ cut off this bookmark! ✓

AreWeDoingAOK.com

✓ use it as a reminder! ✓

40 DAYS
forty days of teshuva
starting on **ROSH CHODESH ELUL**
SIX WEEKS
that will change your life forever.
Do an act.
Watch it spread.
Change the world.

WEEK 1: smile till it hurts

WEEK 2: give thanks

WEEK 3: small favors

WEEK 4: words that build

WEEK 5: let it go

WEEK 6: live life

AreWeDoingAOK.com

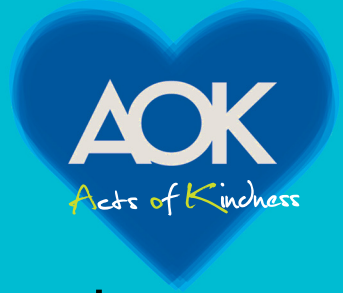


40 DAYS

forty days of teshuva

starting on **ROSH CHODESH ELUL**

SIX WEEKS that will change your life forever.



**Do an act.
Watch it spread.
Change the world.**

words that build

Kind words can be short and easy to speak, their echoes are truly endless.

What can you do?



Use your words to compliment, praise, encourage and empathize.

let it go

If you judge people, you have no time to love them.

What can you do?



Withhold from answering back count to 10 if needed.

live life

Bring happiness into your life by connecting to others.

What can you do?



Welcome and start a friendly conversation with someone new to you in our community.

WEEK FOUR
WEEK FIVE
WEEK SIX

"There is no vessel that can contain blessing like the vessel of peace."

For more information: AreWeDoingAOK.com



However YOU decide to STRETCH in loving kindness will make an impact on all of us. Keep track of the days you've done, & be proud to bring this testimonial before Hashem to Shul this Yom Kippur. ♥

No one needs a smile more than the person who has none to give.											
	30	31	1	2	3						
	שבת 30 Av	א' אלול	ב' אלול	ג' אלול	ד' אלול						
Use one second of every day to say thank you.											
4	5	6	7	8	9	10					
5 Elul	6 Elul	7 Elul	8 Elul	9 Elul	10 Elul	11 Elul					
Small gestures make a big difference.											
11	12	13	14	15	16	17					
12 Elul	13 Elul	14 Elul	15 Elul	16 Elul	17 Elul	18 Elul					
Kind words can be short and easy to speak, their echoes endless.											
18	19	20	21	22	23	24					
19 Elul	20 Elul	21 Elul	22 Elul	23 Elul	24 Elul	25 Elul					
If you judge people, then you have no time to love them.											
25	26	27	28	29	30	1					
26 Elul	27 Elul	28 Elul	29 Elul	א' תשרי	ב' תשרי	ג' תשרי					
Bring happiness into your life by connecting to others.											
2	3	4	5	6	7	8					
4 Tishrei	5 Tishrei	6 Tishrei	7 Tishrei	8 Tishrei	9 Tishrei	10 Tishrei					