

40 DAYS
forty days of teshuva
starting on ROSH
SIX WEEKS
CHODESH
ELUL
that will change your life
forever.



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

You can choose to do one for each day of the week, or you can choose the same one every day.

However YOU decide to STRETCH in loving kindness will make an impact on all of us.

Let's work together to make our community, the best ever for this coming new year.

It's your call.
YOU
how will stretch
it

WEEK one: smile till it hurts

1. Let's be the first to smile to our spouse, parents, children, siblings, neighbors and those we pass on the street. Take a moment to notice the warm feeling that is reflected back.
2. Smile to someone you may have passed numerous times and are not accustomed to greeting.
3. Smile to someone you do not know.
4. Smile to someone who seems different than you.
5. Smile to EVERYONE without any prejudice.

WEEK two: give thanks

1. Let's remember to say thank you more often and be specific in your gratitude for the acts that people do for you daily or occasionally.
2. Let's speak to people who serve us with a soft tone, respect and gratitude. Paying for a service does not absolve us from good manners or from appreciation. Express disappointment in a calm, pleasant and respectful manner.
3. Go, call, write, or email the fire department, police, Hatzolah, post office, Town Hall, crossing guard, and even the meter maid, and thank them for their service to our community.
4. Focus on the good that someone did for us even if we generally find that person difficult to get along with.
5. Call or write, to express appreciation you have towards your parents, Rabbis and teachers for anything they have done for you in your lifetime.
6. Express gratitude to anyone else that may have had an impact in your life. Call someone who gave you encouragement in the past and express to them how effective their words were. Kind words last forever, use your words to encourage others and to uplift them as you were.
7. When we appreciate who we are, it is easier to appreciate others. List three things you are grateful for and thank Hashem for your unique gifts. Also, at a family meal have each member express one thing they are grateful for that day.

WEEK three: small favors

1. In the supermarket: offer someone with fewer items to go ahead on the cashier line; offer to help someone who is having difficulty reaching their groceries to load them on the conveyor belt and into their car; return our grocery carts to the front of the store.
2. Let's hold doors open for others, such as; mothers with strollers, wheelchairs, someone juggling packages or just as a kindness for the person behind or in front of us.
3. Let's clean up after ourselves. In shul, put away siddurim. In fast food eateries, clear the table. In public places throw garbage in trash cans. In clothing stores, hang up your clothes in the dressing rooms. As a guest in someone's home, offer to clear the table or put away toys that your children have played with.
4. Call someone who is homebound and offer to pick up something for them. Or if they can leave their house, but have no transportation, offer to take them with you.
5. Offer a ride to those in need: for someone waiting at a bus stop, walking with packages, walking in the rain. Offer a ride to people going to a simcha, who do not drive or who are alone and do not have a way of getting there.
6. Let's avoid making illegal u-turns, speeding or double parking especially Erev Shabbos and Erev Yom Tov.
7. When vying for a parking spot, be the one to allow the other to take the spot.

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WEEKfour: words that build

1. Call someone just to say you were thinking about them. They will smile for the rest of the day.
2. Call someone you normally wouldn't call to wish them good shabbos and good yom tov.
3. Call a single with a shidduch suggestion.
4. Invite a guest for a shabbos or yom tov meal who may be alone, for example, a single, widow, divorcee or someone new to the community or an unaffiliated Jew.
5. Let's heighten our sensitivities to another person's emotions. If they are happy, join in their happiness. If they are sad, show sincere concern. If they are lonely, find ways to reach out in friendship. If they are frustrated, be encouraging and optimistic. Use your words to encourage and uplift – kind words last forever.
6. Develop a good eye to see positive in others. Find a virtue in another and express how much you value that person for it.
7. Give a sincere compliment.

WEEKfive: let it go

1. Choose one person to whom you bear a grudge and think of ways you can allow yourself to forgive them by focusing on their positive traits. Do something nice for them, or call to say something nice or daven for them.
2. Call to apologize to someone you have wronged in any way or if you know they felt slighted by something you said or did.
3. Build up your awareness of what you would NOT want others to do to you and commit to not do it to others. For example, try not to be late. This can be your new year's resolution.
4. Think of someone you tend to argue with and be resolved to talk to them in a calm & reasonable manner. Call or meet them and practice this new resolution.
5. Before lashing out at someone, quietly count to 10. Try to maintain your composure and speak calmly.
6. Take one hour a day to refrain from speaking lashon hora. If someone tells you something negative about another, respond by judging favorably.
7. Be creative and find a way to make peace between two people that you know are not talking to each other.

WEEKsix: live life

1. Disconnect to Connect – let's shut our cell phones for an hour and spend uninterrupted quality time with family members or friends.
2. Let's turn off our cell phones during davening being mindful of the kavanah of those davening around us. Let's turn off our cell phone when walking in public streets and entering stores to heighten our awareness of those around us. We can now greet each other whole heartedly. We can also give our full attention and respect to cashiers and others.
3. Let's look up from our book, newspaper, computer, cell phone to acknowledge HUMANITY BEFORE TECHNOLOGY! Smile and greet.
4. Be the FIRST to say hello and genuinely ask that person about their well being. Patiently with sincere interest wait for their reply.
5. Introduce yourself to someone you do not know in shul, at meetings & at social gatherings. Make introductions among friends by asking "do you know each other".
6. When you are in a conversation with someone in a public area and another acquaintance walks by, look up and acknowledge them, then invite them to join your conversation.
7. Smile, greet & start a friendly conversation with a person from a different background.

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