Rachæl's Centre
For Torah, Mussar & Ethics

Today is the day I:

Listen more
and speak less

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Today is the day I:

Buy coffee
for a stranger

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Today is the day I:

Put something into the food bank

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Today is the day I:

Smile at myself in the mirror

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Today is the day I:

Compliment a stranger

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Today is the day I:

Compliment a loved one without being prompted

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Today is the day I:

Leave a thank you note for a delivery person

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Today is the day I:

Ask someone to tell me how they're really doing

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Today is the day I:

Connect with a friend I've lost touch with

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Today is the day I:

Send flowers of gratitude to a parent or close friend

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Today is the day I:

Gift a movie on iTunes to someone for no reason

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Today is the day I:

Name the book I meant to read

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Today is the day I:

Decide what other word I would use for 'God'

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Today is the day I:

Apologize to a specific person for a specific thing

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Today is the day I:

Forgive a specific person for a specific thing