

A SMALL PRACTICE YOU CAN RETURN TO



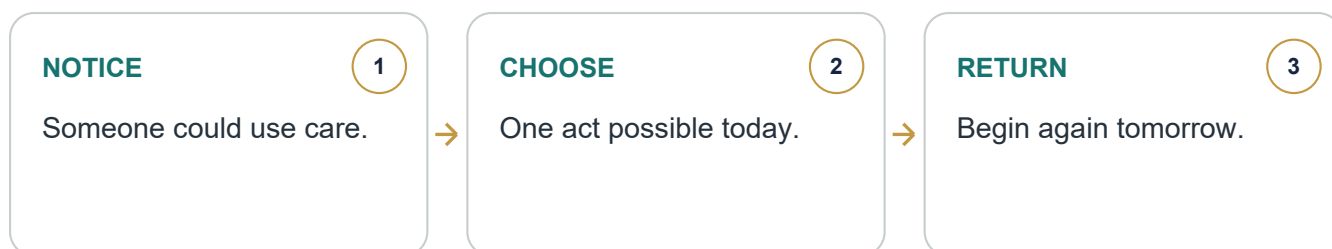
One Small Act of Chesed

A gentle daily choice, even when the day is crowded

Some days, the intention to grow is sincere, and the day still fills up before you can act on it.

In a class about Rosh Hashanah, Rabbi Bitton suggested choosing a practical commitment small enough to keep even on a chaotic day. One example he gave was a daily act of chesed, offered without expecting anything in return.

You can begin with something within reach: a kind word, a practical hand, or a few moments of sincere attention. The size of the act is less important than choosing one you can actually offer today.



Let the act itself be your honest choice. Another person may respond in a way you hoped for, or they may not. You can still know that you made room for chesed.

A short personal tefillah

Hashem, help me notice a small opportunity to give today, and help me meet it with an open heart.

THREE DAYS OF SMALL CHOICES

Make it possible to begin

Choose a kind act that would still be possible on a difficult day. You can write a few words here, or use the questions as a quiet reflection.

DAY 1

The small act of chesed I chose:

What helped me make room for it today?

What could I try again tomorrow?

DAY 2

The small act of chesed I chose:

What helped me make room for it today?

What could I try again tomorrow?

DAY 3

The small act of chesed I chose:

What helped me make room for it today?

What could I try again tomorrow?

If you missed a day

Begin again with one small choice. This page is an invitation to practice, not a test you have to pass.