

# Living with Gratitude

## Adding Intention to our Tefilot and Brachot

Every day, we have the opportunity to begin with blessings and prayers that set the tone for our connection with Hashem and our outlook on the world.

If you're not yet in the habit of saying these brachot, this guide is the perfect way to start. And if you already say them daily, it offers a way to add deeper meaning and intention, ensuring these blessings never become rote.

This guide features a select set of brachot to get you started—each one an opportunity to reflect, express gratitude, and infuse your day with mindfulness and purpose.

## Modeh Ani: Start Your Day with Trust

**The Significance:** The moment you wake up, Hashem gives you a new day to grow and bring light into the world, showing His trust in your ability to make it meaningful.

**Bring it to Life:** Take a moment to truly absorb this gift. Don't rush into the day. Feel the love and trust Hashem has placed in you. How will you use this day to make it extraordinary?

**Take Action:** Choose one meaningful goal or mitzvah that will define your day. What step will you take to honor the incredible faith Hashem has in you?

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## Netilat Yadayim: Elevating Our Actions

**The Significance:** This simple act of washing our hands is a profound reminder that our actions are holy. Just as the Kohanim purified themselves before serving in the Beit Hamikdash, we prepare ourselves to serve Hashem throughout our day.

**Bring it to Life:** Every moment, even the mundane, is an opportunity to bring holiness into your life. Washing your hands is not just a physical act—it's a declaration—you are making your actions purposeful and meaningful.

**Take Action:** What action today can you elevate with intention and holiness? How will you use your hands to bring kindness and light into the world?

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## Elokai Neshama: Gratitude for the Soul

**The Significance:** Every morning, Hashem lovingly returns your soul, pure and renewed. This bracha acknowledges the immense value of your inner essence—a spark of the Divine within you—and the infinite potential you carry into each new day.

**Bring it to Life:** Pause and reflect on the incredible opportunity Hashem has given you by trusting you with your soul for another day. How will you use this Divine gift to grow, connect, and shine?

**Take Action:** Choose one way to nurture and uplift your soul today. Will it be through Torah learning, a mitzvah, or a kind act? How can you honor the purity with which Hashem returned your soul?

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## Birchot HaTorah: Gratitude for Divine Guidance

**The Significance:** The Torah is more than laws; it's a guide to living a life of meaning and connection. By thanking Hashem for the Torah, we acknowledge the privilege of having His wisdom to guide us every step of the way.

**Bring it to Life:** As you say this bracha, let the words fill you with gratitude. Imagine how Torah learning can shape your decisions and interactions today, guiding you closer to Hashem.

**Take Action:** Pick one teaching or mitzvah from the Torah to carry with you today. How will it inspire your thoughts, words, or deeds?

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## Pkehach Ivrim: The Gift of Sight

**The Significance:** Hashem opens our eyes, allowing us to see the beauty, opportunities, and miracles in the world around us. This blessing is a reminder to never take the gift of vision for granted.

**Bring it to Life:** Pause and notice the details—the colors of the sky, the smile of a loved one, the blessings in your life. Choose to focus on the goodness and beauty Hashem has placed before you.

**Take Action:** Identify one beautiful thing around you to appreciate. How will you carry this perspective of gratitude into the rest of your day?

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## Matir Asurim: Freedom and Possibility

**The Significance:** With this bracha, we thank Hashem for the precious gift of freedom—the ability to move, to grow, and to make choices that align with our purpose.

**Bring it to Life:** Every step you take is an opportunity to move toward something meaningful. Let this blessing remind you of the incredible gift of mobility and the freedom to choose a path of goodness and light.

**Take Action:** Reflect on a challenge you've overcome and how Hashem gave you strength to rise above it. How can you use your freedom today to help yourself or someone else?

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## Zokef Kefufim: Standing Upright

**The Significance:** To stand tall is a gift of dignity and strength. This blessing reminds us that Hashem has given us not only physical posture but also the ability to rise above challenges and face the world with confidence.

**Bring it to Life:** Each day brings opportunities to stand strong in your values and beliefs. Let this bracha remind you of the inner strength Hashem has given you.

**Take Action:** Think of one area in your life where you can stand firm today. How will you draw on Hashem's gift of strength to face it with confidence?

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## She'asah Li Kol Tzorki: Gratitude for Having All You Need

**The Significance:** This bracha reminds us that Hashem provides everything we need to fulfill our unique purpose. It invites us to trust that what we have is enough to grow and thrive, even if it may not always align with our wants.

**Bring it to Life:** Shift your focus from what you lack to the incredible blessings you already have. Recognize how Hashem has perfectly positioned you with the tools and resources necessary to succeed in your mission.

**Take Action:** Identify three things you already have—physical, emotional, or spiritual—that enable you to live a meaningful life. How will you use them today to fulfill your purpose and serve Hashem?

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## Asher Yatzar: Gratitude for Health

**The Significance:** The intricate workings of the human body are a daily miracle. This blessing is a chance to appreciate Hashem's wisdom in creating us with such care.

**Bring it to Life:** Think of the systems in your body that function without you even noticing. Let this bracha remind you of the gift of health and the miracles within you.

**Take Action:** Focus on one part of your health that you often take for granted. How can you honor Hashem by taking care of this gift?

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## Before Eating: Recognizing Hashem's Sustenance

**The Significance:** Each bite of food is a direct blessing from Hashem, a sign of His kindness and care. By blessing before we eat, we acknowledge that He sustains us physically and spiritually.

**Bring it to Life:** Before you eat, pause to consider the journey your food took to reach you. Recognize the miracles of creation and Hashem's constant provision.

**Take Action:** Say your bracha with intention. How will you use the energy from this food to bring goodness into the world?

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## Me'ein Shalosh or Birkat Hamazon: Gratitude for Sustenance

**The Significance:** After eating, we thank Hashem for not just providing food but for the abundance and blessings that fill our lives.

**Bring it to Life:** Reflect on how Hashem's care extends beyond food, sustaining you emotionally and spiritually as well.

**Take Action:** Think of one moment today when you felt Hashem's kindness. How will you carry that gratitude forward?

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## Blessings Over Mitzvot

**Examples:** Lighting Shabbat candles, affixing a mezuzah, donning tefillin, and more.

**The Significance:** Each mitzvah is a direct connection to Hashem, an opportunity to align your life with His will and to bring holiness into the world. These blessings elevate even simple acts into profound expressions of purpose and devotion.

**Bring it to Life:** When you prepare to perform a mitzvah, pause to feel the privilege of being part of Hashem's plan. Each mitzvah is a chance to infuse the world with light and bring yourself closer to Him.

**Take Action:** Before performing a mitzvah, reflect on its impact. How does it elevate your life and the lives of those around you? How does it help you grow spiritually and deepen your relationship with Hashem?

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