

daily Journal

Unshakable Bitachon

**A 7-Week Guided Practice
to Build Trust That Lasts**

Hashem's Got You

WELCOME TO THE UNSHAKABLE BITACHON JOURNAL

This journal is your companion to the Unshakeable Bitachon training— and it can also be used on its own.

Bitachon isn't built by "figuring everything out."

It's built by returning: through simple speech, small practices, and honest reflection.

This journal gives you a place to make the training personal — so the ideas don't stay on the screen, they land in your life.

PREPARATION

Before you begin, pause for one breath.

Whisper (or say in your own words):

Hashem, help me learn to trust You more. Help me be honest, and help me return — even when it's hard.

REFLECTION PROMPTS

1) Why am I here right now?

2) Where do I most need Bitachon in my life today?

3) If I had more Bitachon, I think I would feel more...

(calm / clarity / closeness / patience / steadiness / joy / etc.)

EXTRA REFLECTIONS

What's on my heart as I begin this journey?

PERSONAL TAKEAWAY

One sentence I want to remember as I start:

HOW TO USE THIS JOURNAL

Each day is designed to be simple and doable. Most days take 10-15 minutes.
Your goal is not perfection — your goal is practice.

PREPARATION

Whisper:

Hashem, guide me today. Help me take one small step toward trust.

REFLECTION PROMPTS

THE DAILY FLOW (4 STEPS):

- 1) Read / Watch / Listen (short lesson)
- 2) Do (one small practice)
- 3) Write (optional prompt / reflection)
- 4) Carry (a phrase to take into the day)

THE CATCH-UP RULE:

If you miss a day, Just continue from where you are.

Returning is the practice.

If you're short on time: do the Do + Carry Phrase. That counts.

EXTRA REFLECTIONS

What tends to get in the way of consistency for me?

And what would "simple consistency" look like?

PERSONAL TAKEAWAY

My realistic commitment (bli neder):

- 10 minutes a day
- "I will return even if I miss"

Other: _____

USING THIS JOURNAL ON ITS OWN

You can open this journal even without the training and still build Bitachon. Think of it like a “daily return practice.”

PREPARATION

Whisper:

Hashem, meet me where I am. Help me take one honest step today.

REFLECTION PROMPTS

If you’re using this journal on its own, use this simple loop:

- 1) Read the Day Intention
- 2) Do the Practice (even 60 seconds)
- 3) Answer the Prompt(s)
- 4) Finish with the Daily Review
- 5) Carry the phrase into your day

You can go in order, or open to the day you need most.

EXTRA REFLECTIONS

When I feel overwhelmed, what kind of Bitachon practice would help me most?

- speaking to Hashem
- repeating a phrase
- writing it out
- a pause in tefillah
- a guided reset (audio)

Other: _____

PERSONAL TAKEAWAY

One sentence I want this journal to help me build:

THE DAILY REVIEW (YOUR PROOF OF GROWTH)

One of the fastest ways to build Bitachon is to collect “evidence” that Hashem is with you. That’s what the Daily Review is for – it helps you notice what you would otherwise forget. This turns your journal into a record of trust – not theory.

PREPARATION

Whisper:

Hashem, open my eyes to see You in my day.

REFLECTION PROMPTS

At the end of each day, you’ll answer:

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

EXTRA REFLECTIONS

What’s one kind of “Hashem-moment” I often overlook?

PERSONAL TAKEAWAY

Today I want to notice Hashem in:

DAY 0 • PAGE 1 — SETTING YOUR INTENTION

Before Day 1 begins, you'll set a clear intention for your journey.
This gives you something to return to when motivation fades.

PREPARATION

Say to Hashem in your own words (or use this):

Hashem, help me enter this journey with sincerity.

Help me learn to trust You — not only in the big things, but in the small things too.

Guide me gently, and help me keep returning.

REFLECTION PROMPTS

1) Why did I join this journey now?

2) What's the main area where I want to trust Hashem

3) What do I hope changes in me by the end of this training?

EXTRA REFLECTIONS

If I'm being honest, the fear underneath the fear is...

PERSONAL TAKEAWAY

My intention in one sentence:

DAY 0 • PAGE 2 — MY STARTING LINE + MY ANCHOR

This training works best when it's tied to a consistent moment in your day.
Small daily reps beat big occasional bursts.

PREPARATION

Whisper:

Hashem, help me keep this simple and steady.

REFLECTION PROMPTS

1) My "anchor time" will be:

after tefillah with coffee during lunch before bed other: _____

2) What area of your life do you most need bitachon right now?

3) My baseline (optional):

Right now, my Bitachon in this area feels like a ____ / 10.

4) My one-line commitment (bli neder):

If I miss my anchor time, I will do it: _____

EXTRA REFLECTIONS

What would make this easier for me – practically?

PERSONAL TAKEAWAY

One sentence prayer for this journey:

Hashem, please... _____

WEEK 1: SPEAKING YOUR EMUNAH

This week, you build Bitachon through speech:
words to Hashem, words to yourself, and words that train the soul to trust.
You're not trying to feel perfect trust – you're building it, one honest sentence at a time.

PREPARATION

Whisper:
Hashem, help my words lead my heart back to You.

REFLECTION PROMPTS

1) Where do I most need to bring Hashem into the "small things"?

2) What do I want my inner speech to sound like this week?

EXTRA REFLECTIONS

What would "5% more trust" look like for me this week?

PERSONAL TAKEAWAY

The one thing I want to practice no matter what:

Unshakeable Bitachon

WEEK 1 • DAY 1 • PAGE 1

SPEAK YOUR EMUNAH

DAY INTENTION

Today I begin building Bitachon by speaking to Hashem in the small things.

LESSON SNAPSHOT (1-2 LINES)

Today I practice real, honest speech to Hashem – not polished, just real.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help me speak to You simply and honestly today.

TODAY (10-15 MINUTES)

Read/Watch: Day 1 lesson (and Day 1 video, if included)

Do: 60 Seconds of Real Talk

Write (optional): One sentence from the Micro-Journal prompt

Carry phrase: Hashem is with me in the small things too.

ONE SENTENCE COUNTS

One honest line is enough to keep the habit alive.

TODAY'S PRACTICE

60 Seconds of Real Talk

At some point today, speak to Hashem for 60 seconds like you're speaking to Someone Who loves you and cares about the details.

You can begin with:

"Hashem, here's what I'm dealing with today..."

"Here's what I'm afraid of..."

"Here's what I need help with..."

Close with:

"Hashem, help me bring You into the small things too."

When will I do it today? (time/place)

Notes after I did it (optional)

CARRY PHRASE

Hashem is with me in the small things too.

HASHEM'S GOT YOU

WEEK 1 • DAY 1 • PAGE 2 — JOURNAL

MICRO-JOURNAL (OPTIONAL)

Complete this sentence:

"Hashem, I've been keeping You 'on the shelf' when it comes to _____."

Write here:

EXTRA REFLECTIONS (OPTIONAL)

What else is coming up for me as I begin this journey?

DAILY REVIEW 🌟👣❤️

🌟 One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 2 • PAGE 1

THE VOICE OF BITACHON (TORAH INSIGHT)

DAY INTENTION

Today I let my words lead my heart toward trust.

LESSON SNAPSHOT

Bitachon is strengthened through speech — sometimes the faith comes after the words.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help my heart catch up to my words.

TODAY (10-15 MINUTES)

Read: Day 2 lesson

Do/Say: Speak the two lines out loud + add one honest sentence

Write (optional): Complete one Micro-Journal sentence

Carry phrase: הָאֱמוּנָתִי כִּי אֶדְבַּר — I believed because I spoke.

TODAY'S PRACTICE

Say these two lines out loud:

Hashem, I trust You.

You're guiding me, even now.

Then pause for one breath and add one honest sentence of your own, such as:

Hashem, help my heart catch up to my words.

My honest sentence:

CARRY PHRASE

הָאֱמוּנָתִי כִּי אֶדְבַּר — I believed because I spoke.

WEEK 1 • DAY 2 • PAGE 2 — JOURNAL

MICRO-JOURNAL (OPTIONAL)

Complete ONE of these sentences:

1) I most need to say "Hashem, I trust You" when _____.

Write:

OR

2) I most need to remember "You're guiding me, even now" in _____.

Write:

EXTRA REFLECTIONS (OPTIONAL)

Where do I feel resistance to saying these words — and what might help?

DAILY REVIEW ★👣❤️

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 3 • PAGE 1 — A VOICE THAT REMINDS THE SOUL (STORY OF RAV LEVI YITZCHAK OF BERDITCHEV)

DAY INTENTION

Today I teach my soul what it needs to remember.

LESSON SNAPSHOT

I can whisper simple words of Emunah to shape my inner world.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help me remember You when I forget.

TODAY (10-15 MINUTES)

Read: Day 3 lesson

Do/Say: Whisper the three lines + add one personal line

Write (optional): Answer the Micro-Journal prompt

Carry phrase: Hashem is here. Hashem is in charge. Hashem is good.

TODAY'S PRACTICE

Whisper slowly one time:

Hashem is here.

Hashem is in charge.

Hashem is good.

Then say one line in your own words, something real, like:

Hashem, help me remember this when I forget.

My own line:

CARRY PHRASE

Hashem is here. Hashem is in charge. Hashem is good.

WEEK 1 • DAY 3 • PAGE 2 — JOURNAL

MICRO-JOURNAL (OPTIONAL)

What moment today do I most need a whispered reminder of trust?

Write here:

EXTRA REFLECTIONS (OPTIONAL)

What do I want my “soul-reminder” to sound like when I’m stressed?

DAILY REVIEW 🌟👣❤️

🌟 One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 4 • PAGE 1 — SPEAK YOUR BITACHON (PRACTICE YOUR TRUST)

DAY INTENTION

Today I build trust through repetition and rhythm.

LESSON SNAPSHOT

I don't have to feel it perfectly – I plant seeds through simple speech.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help my inner language become a language of trust.

TODAY (10-15 MINUTES)

Read: Day 4 lesson

Do/Say: Speak the affirmation out loud in a few moments + try the Whisper Trigger

Write (optional): Answer the Micro-Journal prompt

Carry phrase: Hashem is running not only the world, but also my world, for my best.

TODAY'S PRACTICE

AFFIRMATION:

"Hashem is running not only the world, but also my world, for my best."

Choose a few natural moments to say it out loud:

- When I wake up
- Before checking my phone
- In a stressful moment
- During a walk
- Before starting something important

Mini Practice: The Whisper Trigger

Every time I check my phone, start a new task, or walk into a room, whisper the affirmation once.

CARRY PHRASE

Hashem is running not only the world, but also my world, for my best.

WEEK 1 • DAY 4 • PAGE 2 — JOURNAL

MICRO-JOURNAL (OPTIONAL)

Where in my life do I most need to remember that Hashem is running my world for my best?

Write here:

EXTRA REFLECTIONS (OPTIONAL)

What would change in my day if I truly lived this sentence for 24 hours?

DAILY REVIEW 🌟👣❤️

🌟 One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 5 • PAGE 1 — STILLNESS IN CHAOS (VISUALIZATION PRACTICE)

MICRO-JOURNAL (OPTIONAL)

Where in my life do I most need to remember that Hashem is running my world for my best?

Write here:

EXTRA REFLECTIONS (OPTIONAL)

What would change in my day if I truly lived this sentence for 24 hours?

DAILY REVIEW 🌟👣❤️

🌟 One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 5 • PAGE 2 — JOURNAL

MICRO-JOURNAL (OPTIONAL)

Where do I feel the most chaos in my life right now, and what would it look like to invite Hashem into that moment?

Write here:

EXTRA REFLECTIONS (OPTIONAL)

What does "Hashem is here" shift inside me when I actually pause?

DAILY REVIEW ★👣❤️

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

Unshakeable Bitachon

WEEK 1 • DAY 6 • PAGE 1 — REFRAME A MOMENT (JOURNAL YOUR JOURNEY)

DAY INTENTION

Today I rewrite a real moment through the lens of Bitachon.

LESSON SNAPSHOT

Bitachon doesn't deny pain – it changes the story my heart tells about it.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help me tell the truth with You inside it.

TODAY (15-25 MINUTES)

Read: Day 6 lesson

Do/Write: Step 1 + Step 2 (reframe one moment)

Carry phrase: Even then, Hashem was running the world for my best.

STEP 1 — RECALL A RECENT MOMENT

Think of a recent moment of fear or uncertainty. Write it down.

Describe it simply and honestly.

What thoughts were running through your mind?

How did you feel in your body?

What were you afraid would happen?

If you want, give that moment a title, like:

"The Call" / "The Waiting" / "The Conversation" / "The Unknown"

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WEEK 1 • DAY 6 • PAGE 1 — REFRAME A MOMENT (JOURNAL YOUR JOURNEY)

Title (optional):

Describe the moment (what happened):

What thoughts were running through my mind?

How did I feel in my body?

What was I afraid would happen?

CARRY PHRASE

Even then, Hashem was running the world for my best.

WEEK 1 • DAY 6 • PAGE 2 — REWRITE WITH BITACHON

STEP 2 — REWRITE IT WITH BITACHON

Now rewrite the same moment with Bitachon.

Not to deny what happened, and not to pretend it didn't hurt.

Just to add the truth you're building this week.

Use any of these prompts:

- What would I say to my younger self in that moment?
- What would I say if I were speaking to someone I love going through the same thing?
- How would I describe the moment if I knew Hashem was guiding it?
- What would it sound like to speak my Emunah inside that moment?

If it helps, begin with one of these lines:

Hashem, You are here with me.

Hashem, You are in charge.

Hashem, You are running my world for my best.

My rewrite:

CLOSE YOUR JOURNAL WITH THIS

Even then, Hashem was running the world for my best.

Write it here:

DAILY REVIEW 🌟👂❤️

🌟 One moment I noticed Hashem with me today:

👂 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

WEEK 1 • DAY 7 • PAGE 1 — INFUSE YOUR PRAYER WITH TRUST (TEFILLAH PRACTICE + MINI CHALLENGE + WEEK 1 SUMMARY)

DAY INTENTION

Today I bring the speech of Bitachon into tefillah.

LESSON SNAPSHOT

Tefillah becomes more than requests — it becomes an expression of trust.

BEFORE YOU WRITE (10 SECONDS)

Hashem, help my tefillah become trust.

TODAY (10-15 MINUTES)

Read: Day 7 lesson

Do: Pause in the Amidah (Shema Koleinu + Modim)

Write (optional): What I said in my own words + choose an anchor

Carry phrase: Hashem is running the world for my best.

TEFILLAH PRACTICE

In the Amidah at Shema Koleinu, pause for a moment right before the words:

כי אַתָּה שׁוֹמֵר תְּפִלַּת

In that pause, whisper:

I trust You, Hashem. You are in charge.

Then say whatever is in your heart — even just a few words.

Later in the Amidah, when you reach Modim, pause again.

Think about how Hashem is running the world — and your world — for your absolute best.

CARRY PHRASE

Hashem is running the world for my best.

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WEEK 1 • DAY 7 • PAGE 2 — JOURNAL + MINI CHALLENGE

WHAT DID I SAY IN MY OWN WORDS? (EVEN A FEW WORDS)

MINI CHALLENGE — ANCHOR YOUR AFFIRMATION

Choose one way to anchor your affirmation so it finds you throughout your day:

Smartphone:

- Reminder with affirmation
- Alarms that nudge me to pause

Analog:

- Sticky note somewhere I'll see it

Affirmation:

Hashem is running the world for my best.

My chosen anchor + where/when:

WEEK 1 CLOSING REFLECTION (BONUS — STANDALONE VALUE)

What did I build this week through speech?

Which practice helped me most?

Which phrase hit me most?

One short tefillah in my own words:

DAILY REVIEW 🌟👉❤️

🌟 One moment I noticed Hashem with me today:

👉 One act of Bitachon I practiced today:

❤️ One thing I want to remember tomorrow:

HASHEM'S GOT YOU

WEEK 1 CLOSER • PAGE 1 — WEEK 1 COMPLETE: SPEAKING YOUR EMUNAH

LESSON SUMMARY

This week you practiced something simple — and powerful:
You didn't wait until you felt trust. You started speaking it.

You spoke to Hashem in a real way.

You learned the Torah blueprint: הָאֵמַנְתִּי כִּי אֶדְבָּר — I believed because I spoke.

You saw how a tzaddik used simple words to teach his soul what it forgets.

You trained your inner language with an affirmation.

You practiced stillness and returned with one whisper.

You rewrote a moment through the lens of Bitachon.

And you brought your trust into tefillah.

Even if you only connected with one part — that counts.

Bitachon is built in whispers, in pauses, and in the voice that gently reminds your soul:

You're not alone. Hashem's got you.

PREPARATION

Pause for one breath.

Then whisper (or say in your own words):

Hashem, thank You for every small step I took this week.

Please help the words I practiced become real in my heart. Help me keep returning.

WEEK 1 CLOSER • PAGE 2 — REFLECTION + INTEGRATION

REFLECTION PROMPTS

1) The biggest insight I'm taking from Week 1 is:

2) The phrase that helped me most this week was:

3) One moment I noticed growth (even small) was:

4) One place I still want help trusting is:

5) If Week 1 was about speaking my Emunah, I want Week 2 to help me:

EXTRA REFLECTIONS

What is something I want to say to Hashem right now – honestly?

PERSONAL TAKEAWAY

Complete this sentence:

This week I learned that Bitachon is built by _____

WEEK 1 SCOREBOARD • PAGE 1 — WEEK 1 SCOREBOARD: SPEAKING YOUR EMUNAH

The goal isn't perfection. The goal is returning.

How to use this page:

At the end of each day, take 30 seconds to mark the day and write one line.

If you miss a day, just continue from where you are.

DAY 1 – Speak Your Emunah

I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

DAY 2 – The Voice of Bitachon

I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

DAY 3 – A Voice That Reminds the Soul

I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

DAY 4 – Speak Your Bitachon

I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

DAY 5 – Stillness in Chaos

I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

HASHEM'S GOT YOU

WEEK 1 SCOREBOARD • PAGE 1 — WEEK 1 SCOREBOARD: SPEAKING YOUR EMUNAH Cont.

DAY 6 – Reframe a Moment

✓ I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

DAY 7 – Infuse Your Prayer with Trust

✓ I did the practice: Yes Not yet

★ One moment I noticed Hashem with me today:

👣 One act of Bitachon I practiced today:

WEEK 1 REFLECTION (2 MINUTES)

The phrase I carried most this week:

One place I feel even 5% more trust:

One thing I want to strengthen next week:
