

WRITERS' THOUGHTS



RABBI EZRA MAX

THE MISHNA IN ABOT STATES THAT THE FOUNDATION OF THE WORLD IS SUPPORTED AND BUILT UPON THE THREE PILLARS OF TORAH, ABODAH AND GEMILUT HASADIM (HESED). THE STUDY OF TORAH, G-D'S WORD AND THE BLUEPRINT OF THE WORLD, WHICH CAN ALSO BE ACCESSED BY STUDYING THE WONDERS OF G-D'S CREATIONS. ABODA IS TEFILAH OR FOCUSED PRAYER. GEMILUT HASADIM IS BENEVOLENCE, LOVING KINDNESS, AND CHARITY. I BELIEVE IT'S CRITICAL THAT WE HAVE GOALS IN EACH OF THESE AREAS. HERE ARE PRACTICAL STRATEGIES.

TORAH

Regular study is important. For Torah learners, it could be in any of the various aspects of Torah (e.g. chumash, mishne, gemara, halacha, etc.). If Torah study is not part of your daily routine, you can still marvel at the wonders of nature and beauty in creation. Every day is an opportunity to see and acknowledge G-d's will. The deeper we delve into this amazing universe and the wonders of creation, the more we can appreciate G-d's gift to humanity and develop ourselves.

ABODAH

Your prayer or meditation goal could be reading chapter(s) of Psalms each day, attending a place of worship or regular prayer service, engaging in a practice of

WRITERS' THOUGHTS

daily focused conversation with the Almighty, expressing gratitude, big and small or asking for success in something personal to you or another.

HESED

Hesed can include visiting the sick, rejoicing at wedding celebrations, and tending to funeral and burial needs. We don't live in a vacuum. We live in a world filled with people, and the better we get at doing acts of kindness, the better the world will be. Hesed enriches our relationships. Charity is a form of hesed that goes beyond giving money, it can be sharing time, heart, or even mind. Charity is the stuff of kindness, such as smiling at someone, greeting them kindly, asking how they're doing, and being interested. It could be adding value to someone's life by making a connection and introducing them to another person.

MAIMONIDES, THE RAMBAM, SAYS THAT THE PURSUIT OF THESE THREE FOUNDATIONS ARE A PRESCRIPTION FOR COSMIC SUCCESS

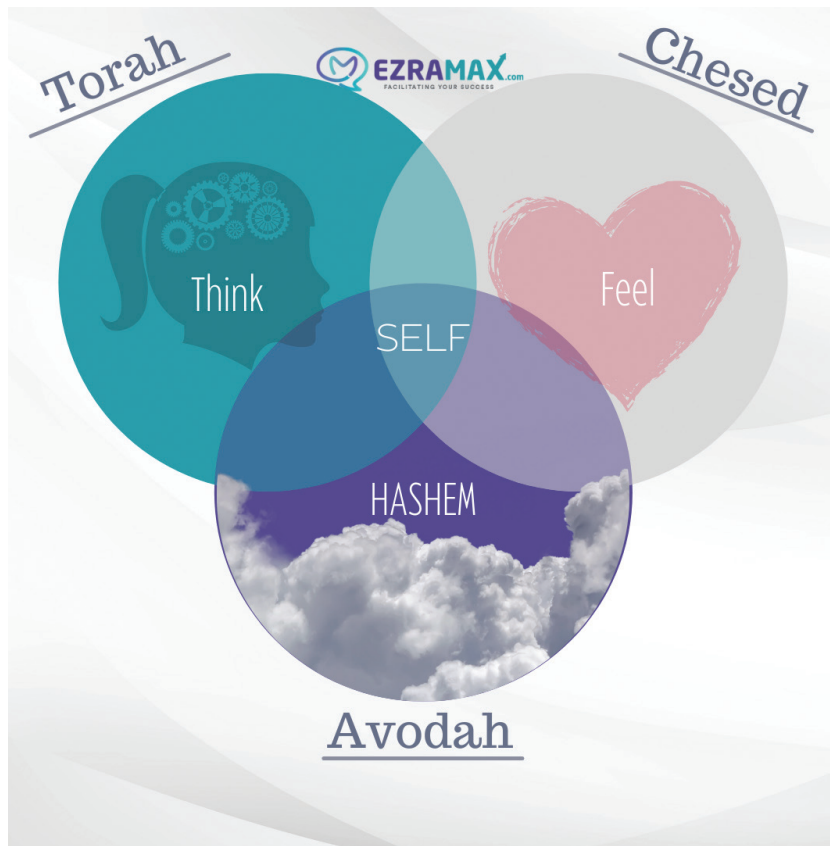
Case Studies

A client was feeling sad and depressed, even a little disconnected from G-d. She committed to a micro-dose of daily conversation with the Almighty and small, consistent acts of kindness. Almost immediately, her life dramatically improved on many levels.

A finance related company was struggling with profitability. They committed to a 15 minute study session at the beginning of the day and hosted afternoon prayers in their offices. It didn't take long for the business to improve.

Two partners were arguing about one of them coming late to work because he was studying in the morning. He responded, "Do you not like the increased revenue we had this past year? Actually, I am thinking about adding another hour of studying in the morning."

A little study, insight, and personal reflection at the beginning and/or end of the day will make you a better person. Don't skip praying when you're in a hurry to a meet-



ing, rather pray more intently for the success of the meeting. Remember, the more we help others, the more we will be helped. These are tried and true strategies.

You literally have the opportunity every single day to make the world a better place. Take a moment now and commit to S.M.A.R.T.E.R. daily goals with these three pillars. Praying for your cosmic success.

S.M.A.R.T.E.R. stands for:

- S:** Specific
- M:** Measurable
- A:** Achievable
- R:** Realistic
- T:** Time Specific
- E:** Exciting
- R:** Reward. ☐

Rabbi Ezra Max, PCC, MHMP, Xchange Guide & Creator of "The Max Method" assists businesses and professionals deal with stress and achieve success. Rabbi Max has witnessed 20 years of results helping executives, parents and teens overcome struggles, improve communication and thrive. He lives in New York with his wife and five children.