

What next?

Ezra presents to you- **the sefira challenge!!** Pesach is over but this isn't the end! It is only the beginning of our journey to reach matan torah, to be worthy to receive the Torah on Shavuot! The sefira marks the beginning of *seven weeks of growth*, seven weeks when we can use what we have gained from pesach to propel us to receive the torah on Shavuot. Seven weeks where Hashem gives us extra strength and *siyatta dishamaya* when we look inwards to develop our spiritual excellence. Fulfill the daily challenges for a **free raffle ticket per week** to win awesome prizes, with a bonus one for completing the whole omer **with a bracha!**

Submit completed charts to aviva_rosenthal@yahoo.co.uk after Shavuot.

1 Look for Hashem and His chessed in your life- take a moment to say thank you.	2 Take a look at the skills and talents Hashem has given you and take responsibility for them.	3 Greet five people today with a smile.	4 Think of the things that your parents do for you that make a long lasting impression and thank them.	5 Focus on the meaning of the bracha of borei nefashos- we thank Hashem for creating us with deficiencies (vechasronan) so we can grow.	6 Give someone a genuine compliment.	7 Find 3 positives in someone who you don't have such a good relationship with.
8 Pick a mitzvah which you do daily and find out about its real meaning.	9 Say a perek of tehillim for someone who is unwell.	10 Judge someone favorably.	11 When saying birchas hashachar sheeso lee kol tzorkee focus that Hashem has given you everything you need. If you don't have it you don't need it!	12 Write something down that you have learnt from someone else today.	13 Concentrate that bit extra on the first sentence of shemonah esrai.	14 Stand still today when you say asher yatzar!
15 Call someone who is unwell.	16 Attribute something that goes well for you to Hashem.	17 Learn something b'chaburas.	18 When saying the bracha of lasok bdiverisora in the morning ask Hashem to make torah sweet for you.	19 Hold back from saying loshon hora for an hour today.	20 When a sibling upsets you, don't react negatively.	21 This shabbos wear extra special clothes to help you feel the kedushah of shabbos.

<p>22 Disconnect from your devices for an hour today.</p>	<p>23 Think over your day. Ponder which areas you did well in and which could use some improvement.</p>	<p>24 Write down 3 small short term goals for your personal growth.</p>	<p>25 Just start something you are putting off.</p>	<p>26 Think of 5 of your strengths, pick 1 that you are going to maximize today.</p>	<p>27 Erev shabbos is a special time to give tzedakah, give something small today.</p>	<p>28 Every time we sit for a meal we are supposed to share words of Torah, at your shabbos meal share an idea.</p>
<p>29 Do an act of kindness that no one knows about, e.g wash the dishes in the sink, clear a classroom before you leave.</p>	<p>30 Is there anyone that you've been upset with for a while? Can you think of a way to get rid of this grudge?</p>	<p>31 Think of someone who would be a good role model and initiate or extend a connection with them.</p>	<p>32 Be happy about what someone else has- don't be jealous Hashem has give YOU EVERYTHING YOU NEED!!</p>	<p>33 For one hour today focus on your speech making sure it is all completely honest.</p>	<p>34 Gneivas daas- make sure you are completely honest with what you say for one hour today making sure your words won't be misinterpreted.</p>	<p>35 Do something to help your parents</p>
<p>36 Think of someone who you are upset with and speak to them to sort out your differences.</p>	<p>37 When you quote someone today, give them credit.</p>	<p>38 Say a bracha every time you have a drink today, if you already do then think about the meaning of the bracha of shehakol.</p>	<p>39 Find a mitzvah which you think is only small and do it to the best of your ability.</p>	<p>40 Be as careful with someone else's money (parent, friend) as your own.</p>	<p>41 Hold yourself back from saying an inappropriate, hurtful or unnecessary comment.</p>	<p>42 Run to perform a mitzvah.</p>

43 Do not speak about a topic before someone greater than you in that area. Let them share their wisdom.	44 Don't take something that isn't yours without permission.	45 Thank hashem in modim for 3 things he has given you in your life.	46 Give some of your time to someone else today, put their needs ahead of yours.	47 We all have important questions , find someone to ask one of your questions to and ask it!!	48 Learn a new halacha about anything e.g. shabbos, brachos or loшон hara.	49 Be real! Take on one thing that you can really implement in your daily life.
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I completed the sefira challenge for....

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49

- I counted week 1 with a bracha!
- I counted week 2 with a bracha!
- I counted week 3 with a bracha!
- I counted week 4 with a bracha!
- I counted week 5 with a bracha!
- I counted week 6 with a bracha!
- I counted week 7 with a bracha!
- I counted the whole sefira with a bracha!!