

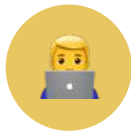
body



soul



friends/fam



career



community



joyful **life** blueprint

1

Choose one tiny goal for each area.

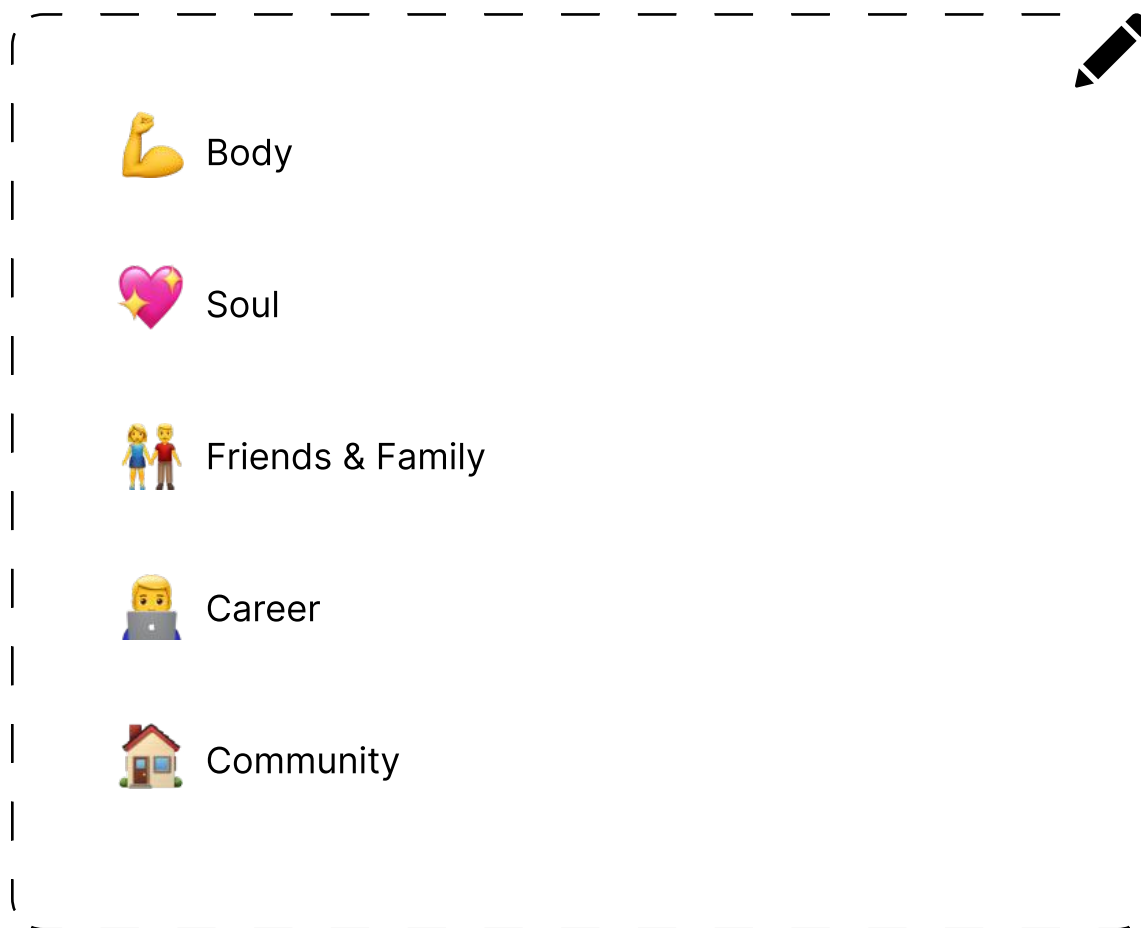
2

Write it down clearly.

3

Display this card in a spot you can't miss.

Sources: Talmud Pirkei Avos 1:12-15, 2:6, 2:17, 3:8, 4:12, 4:21
Rambam, Mishneh Torah: Hilchos Deos 1:3 1:4 4:1 - 15



Body

Soul

Friends & Family

Career

Community

Body

Take care of your self, eat well, get enough sleep, and stay active.

Soul

You're more than just a body. You're a soul. If you're always busy with work, the gym, and emails, you'll burn out. Take time daily to reflect, recharge, and nourish your soul with Torah.

Friends & Family

The people in your life, like your spouse, parents, siblings, kids, and friends, need your attention. Call them instead of texting, it's more meaningful!

Career

Your job or business matters, but don't let it take over your life. Be mindful—50+ hours a week can fly by before you even realize it!

Community

Life isn't just about you. Jewish tradition says, "If I'm only for myself, what am I?" Use your skills to bring kindness to someone or support a cause that matters.