

I wil bli neder refrain from complaining when my husband comes home and give one compliment iyh for 1 week.	Anonymous
I will bli neder bring in shabbos 10 minutes early for the next 4 weeks	anonymous
I will bli neder make sure to be tznius when leaving my room at night for the next four weeks	Anonymous
I will bli neder not get upset at a sibling once a week	Anonymous
<i>I will bli neder say a perek of tehillim a day for the next week- thanks for the idea! (From the person above)</i>	Anonymous
I will bli neder say Asher Yatzar with kavana.	anonymous
I will bli neder say Asher Yatzar with kavana. And My Hurt	anonymous
i will let an argument thats ging on slip bli neder	anonymous
And meshulachim for at least a week and hopefully longer	Anonymous
B'ezras Hashem I will read aleinu inside, word for word instead of rushing through it	A growing Jew
B'n say a kapital of tehillim every day for a week (hopefully to continue)	anonymous
Bli neder accept Shabbos ten minutes early	Anonymous
bli neder and with Hashem's help I will be extra careful not to talk unnecessarily to my bils	N. thanks hadass! tizki l'mitzvos!
bli neder bring in shabbos ten minutes early this week	Anonymous
Bli neder every erev Shabbos we will try to call our grandparents for the next 2 weeks.	Anonymous
Bli neder I have began to check my snood/head covering before opening the front door to make sure I'm covered properly.	Anonymous
Bli neder I will make at least 4 phone calls a week to people who would appreciate contact	Anonymous
Bli neder I will bring in shabbos 10 minutes earlier than I usually do.	Anonymous
Bli neder I will not switch on my laptop until I am ready to start my day, at least until the end of this week	Anonymous
Bli neder renewing my pledge for another week	Anonymous
Bli neder will try contact one person a day that I havnt been in touch with for a while and find out how they are doing.	Anonymous
For one week	Anonymous
Bli Neder, I will Daven morning Brachos before eating and drinking in the morning for a week	Anonymous
Bli Neder, I will Daven morning Brachos before eating and drinking in the morning for a week	Anonymous
Bln keep Shabbos an extra half hour when I'm home, when possible	Anonymous
Careful to cut my salad bigger on Shabbos	Anonymous
First kaballah is over... I will try bli neder to focus when making brachos for the next two weeks	anonymous
For the next three days, I will bli neder not contradict or correct my parents.	Anonymous
For the next week I will bli neder not open any video clips and will daven shmoneh esrei at least once a day.	anonymous
I will bli neder say birchas hashachar with extra kavana for one week	Anonymous
I am renewing my pledge for another week!	Anonymous
I did not shop online at all for 2 weeks straight	anonymous
i have cut 3/4 of an inch off my sheitl	Anonymous
I have made a change to the filter on my laptop	Anonymous
I iwll bli neder say an extra perek of tehillim every day this week	Anonymous
I joined up with Tefilah L'Geulah until Taanis Esther - saying specific tehillim for the Geulah - B'n	anonymous
I took on a kabala last june not to shop in any malls for a full year..... its really hard but so far i've managed to control myself.	Anonymous
i wiil bli neder not go on the internet before saying brachos.	Anonymous
i wiil bln be more careful to use clean language	Anonymous
I wiill bli neder wash negel vaser before touching my phone and concentrate on modeh ani for one week	Anonymous
I wil Bli neder make sure to cover my hair well without hears sticking out thsi comign week and hope it will stay with me	anonymous
I wil bli neder set the table for shabes on thursday night	Anonymous
I will also bli neder say shema looking inside for the next week and hopefully continue	Anonymous
I will also BN try to stop what I am doing when my husband comes home and greet him with a smile	Anonymous
I will also BN try to stop what I am doing when my husband comes home and greet him with a smile	Anonymous
I will B'li neder greet my mother with a smile each morning for the next week	Anonymous

i will b'n say asher yatzar from a text once a day for a week starting today	anonymous
I will b'n say krias shma without doing a/t else and hopefully from inside	Anonymous
I will b'n say krias shma without doing a/t else and hopefully from inside for a wk.	Anonymous
I will b'n say modeh ani with more kavana for the next week	Anonymous
I will B"N this week say a brocho achrona immediately on finishing to eat- before leaving the table after dinner	Anonymous
I will b'n try to bring in Shabbos 10 minutes early	anonymous
I will b"n be'ezras H-m have in mind when eating that it is l'shem shamayim.	Anonymous
I will b"n daven Birchash Hashachar before using the computer until Rosh Chodesh Nissan	anonymous
I will b"n focus on the meaning of the first sentence of Asher Yatzar for the next two weeks.	Anonymous
I will b"n give Tzidukah beofre I leave to work for 4 days.	anonymous
I will b"n greet my husband with a smile on his return home for this week	Anonymous
I will B"N not open my laptop until I daven for the next week.	Anonymous
I will b"n say Asher Yatzar once a day for a week with kavanh.	Anonymous
I will b"n try to bring shabbos 5 minutes earlier this week	Anonymous
I will b"n try to contact a widow, divorcee or otherwise lonely person once a week from now until Nissan (or more)	Anonymous
I will B"N try to say Borei Nefashos out loud from a card so that when I ask myself 5 min.s later, "Did I say it or not?" I will hopefully remember the answer!	Anonymous
I will b"n try, with the help of H', not to nudge my husband about what he is eating for as long as I can hold out!	Anonymous
I will be bli neder try to keep an unstressed and happy atmosphere in the house on friday this week	Anonymous
I will be bli neder try to keep an unstressed and happy atmosphere in the house on friday this week	Anonymous
i will be very careful to say asher yatzer from a card even when running out or in a rush for Everything	
I will bez"n tell Hashem one compliment a day (for one week) about His children, thereby increasing ahavas chinam on this world! Mi Ka'amcha Yisroel!	Anonymous
I will BH wear a mask and socially distance	anonymous
I will bi neder daven birchas hashachar from a siddur for one week	Anonymous
I will bi neder daven birchas hashachar from a siddur for one week	Anonymous
I will bil neder try not to judge ppl	Anonymous
I will bili neder say אשר יצר after the bathroom	Anonymous
I will bl neder have extra kavana in my ma'ariv tonight	Anonymous
I will BL"N not check (Jewish) news site after work hours until Shabbos P' Mishpatim	Anonymous
I will bl"n say asher yatzer looking at the words and not just mumbling it	Anonymous
I will bl"n stand up when my mother comes into the room.	
I will bl"n try to bake challos for Shabbos with the children this week	Anonymous
I will Ble neder take a blanket to cover when nursing for the next week .	Anonymous
I will ble neder work on ayin tova and remember that every person's bundle is tailor made to thier own specifications	Anonymous
I will blei neder stay happy this whole Shabbos	
I will Blei Neder try to say brachos in the morning looking into a siddur	Anonymous
I will bli neder daven before turing on my computer in the mornig for a week	Anonymous
I will bli neder refrain from using the computer when the kids are around.	Anonymous
I will Bli Neder say Al Hamichya from a Siddur this week	Anonymous
I will bli beder daven brachos from siddur for one week	Anonymous
i will bli nede accept shabbes 10 min early this week	Anonymous
I will bli neder be careful to only speak the truth from when I see my reminder for an hour, for the next week, from feb 7	anonymous
I will bli neder , every morning when getting dressed make sure my knees are 100% covered	Anonymous
I will Bli Neder עם ירצה ה' try to concentrate when saying שמע this week	Anonymous
I will bli neder (for one week) try to smile and be less grumpy when my kids wake me in the morning...even if it's really early.	Anonymous
i will bli neder add in one perek in shema and say it from a siddur.	Anonymous

I will bli neder bring negel vaser to my bed for the next 2 weeks	Anonymous
I will bli neder bring negel Vassar by my bed	Anonymous
I will Bli Neder bring shabbos in 10 minutes early for the upcoming shabbos!	Anonymous
I will bli neder bring Shabbos in 5 minutes early for 2 weeks	Yocheved
I will bli neder bring shabbos in 5 minutes early for the next 3 weeks until Purim and hopefully after too BeH	Anonymous
I will Bli Neder Buy a new Skirt longer than the one i currently have	Anonymous
I will bli neder call at least one family member per week to wish them a good Shabbos, until pesach, and hopefully longer	Anonymous
I will bli neder call grandparents this Thursday night/ Friday	Anonymous
I will bli neder call my father once a week	Anonymous
I will bli neder call my grandmother to wish her gut shabbos	Anonymous
I will bli neder call my mother at least twice a week	Anonymous
I will bli neder call my mother-in-law Thursday, hopefully every week	Anonymous
I will bli neder change the password on my filter so that my husband and i each only know half of it.	anonymous
I will bli neder choose one hour every day where I will be careful to only speak the truth, for the next week	Anonymous
I will bli neder choose one hour every day where I will be careful to only speak the truth, for the next week	rochel
I will bli neder choose to listen/watch/read something holy rather than something less holy when I have the strength and clarity to do so, for a week (hopefully longer)	Anonymous
I will bli neder clean up the toys before my husband comes home today	Anonymous
I will bli neder close up my buttons after nursing at night	Anonymous
I will bli neder close up my buttons after nursing at night for as long as I can	Anonymous
I will bli neder compliment each member of my family once daily	Anonymous
I will bli neder compliment my husband and children tomorrow	anonymous
I will bli neder compliment my sisiters today.	anonymous
I will bli neder concentrate for the first passuk of Shema for the next week	Anonymous
i will bli neder concentrate on my brochos this week	Anonymous
I will bli neder concentrate on the first bracha of birkat hamazon for one week	anonymous
I will bli neder concentrate on the 15 "standing brachos" in the morning for 1 week, and hopefully continue.	Anonymous
I will bli neder concentrate on the first two berachos of shemona esrei for this week (and i"yH longer)	Anonymous
I will bli neder concentrate while saying Asher Yatzar this week	Anonymous
I will bli neder consciously not raise my voice at another person for the next week	Anonymous
I will bli neder contribute one more coin to my tzedaka box this week and increase my number of tzedaka boxes over time.	Anonymous
I will bli neder cover my hair for benching every time	Anonymous
I will bli neder cover my hair outside my bedroom until Rosh Chodesh Adar.	Anonymous
i will bli neder cut my nails this week lichvod shabbos	
I will bli neder cut my sheital shorter	Anonymous
I will bli neder cut my sheitel	Anonymous
I will bli neder daily write down whether I did my goals in the areas I already took on	Anonymous
I will bli neder dance for 5 min every day this week even though I feel down	Anonymous
I will bli neder daven 2 Tefillos a day this entire week and hopefully hopefully continue	anonymous
I will bli neder daven all three tefillos the next two days	Anonymous
I will bli neder daven asher yatzar with kavana in the morning	anonymous
I will bli neder daven at least brochos every morning	Anonymous
I will bli neder daven at least one tefillah with more kavana than usual each day until Rosh Chodesh Adar	Anonymous
I will bli neder daven at least the minimum parts of shachris for the next 3 days (already started today Feb 4) hopefully till 120 be"H	Nechamie
I will bli neder daven baruch sheamar with kavanah every day until purim	anonymous
I will bli neder daven beaches before I open my computer this week.	Anonymous

I will bli neder filter my computer
 I will bli neder find and install a filter for my computer.
 I will bli neder focus my thursday and friday toward being mekabal shabbos 15 minutes early
 I will bli neder focus on brachot achronot for this week iyh.
 i will bli neder focus on Hashem's endless love and rachamim everyday for a week
 i will bli neder for next two days say krias shema from a siddur
 I will bli neder for the next week try not to unblock any anything my filter unless I need it for school.
 I will bli neder for the next week try to feel more of a Simcha when Davening - what a zechus to do one of Hashem's Mitzvos!
 I will bli neder freshen up before my husband comes home at night for supper.
 I will bli neder get out of bed right away tomorrow morning so I have enough time to daven properly
 I will bli neder get up in time to daven for zman tfilah this week (and hopefully continue after!)
 i will bli neder give a real compliment at least once a day
 I will bli neder give my baby 5 minutes of undivided attention (no phone, book, or computer...) each day for a week
 I will bli neder give my daughter 10 minutes of special time today.
 I will bli neder give my husband at least one compliment a day for the next week
 I will bli neder give my husband one compliment a day and smile at him when he comes home and leaves for the next week
 I will bli neder give my oldest son compliments and love when I feel like he deserves criticism
 I will bli neder give one complement a day to one person in my family for a week
 I will bli neder go to my kvitza when my husband asks me to.
 I will bli neder go to sleep earlier and wake up to daven before zman krias shema every day this week
 I will bli neder greet my husband and children with a warm smile when they walk into the house
 I will bli neder greet my husband with a positive word when he comes home next week
 I will bli neder greet my husband with a smile and positive word for a week.
 I will bli neder greet my husband with a smile and say it's nice to see you when he comes home for 3 days
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week.
 I will bli neder greet my husband with a smile when he comes home (start at 3 days :))
 I will bli neder greet my husband with a smile when he comes home for 1 week
 I will bli neder greet my husband with a smile when he comes home for 1 week
 I will bli neder hang up the phone when my husband walks in this week
 I will bli neder have a smile on my face when my husband comes home and try not to complain right away about anything that happened that day for a week and longer if I can.
 I will bli neder have extra kavana in modim for one week
 I will bli neder have kavana by each bracha in shemone esre til next week
 I will bli neder have kavana in mincha this week
 I will bli neder have kavana in the first bracha of bentching this Shabbos
 I will bli neder have kavana in the first bracha of shemoneh esreh for the next week
 I will bli neder have kavana when I say krias shema from shema thru vaahavta, for the week, and IYH will cont after
 I will bli neder have kavana when saying brachos in the morning.
 I will bli neder have kavana when saying the shema for one week
 I will bli neder have kavanah by shema in the morning and at night for the next week

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DH

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A wannabe ishah tzidkanis

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I will bli neder have kavanah by המתיר שיניתו... ותחזינה... asking and then thanking Hashem with excitement for the geulah that will come, for 1 week
Anonymous
anonymous

I will bli neder have kavanah once a day when i make a shehakol fo two weeks
Anonymous

I will bli neder have kavannah when davening the brochos until the end of this week
Anonymous

I will bli neder have more concentration when reciting at least 3 brachos, before eating, every day, for the next 2 weeks.
anonymous

I will Bli Neder have more kavana in Krias Shema al Hamita
anonymous

I will bli neder have more kavana when I bentch on Shabbos this week
Anonymous

I will bli neder have more Kavanna in the first Bracha of Shemoneh Esrei for a week
anonymous

I will bli neder have my tablecloth on the table before my husband comes home on Friday afternoon.
Anonymous

I will bli neder hold back from arguing with my daughter for 2 days
anonymous

I will bli neder hold myself back from saying something negative to my husband twice this week (and say something positive instead)
Anonymous

I will bli neder hold myself back from saying the first piece of Lashon hara in the morning, for a week
Anonymous

I will bli neder insist my parents stay away from unmasked people
Anonymous

I will bli neder journal 2 things I am grateful to Hashem for every day this week
Anonymous

I will bli neder keep a comment better left unsaid, unsaid, one a day, for a week
Anonymous

I will bli neder keep my computer closed except when I am really workin for the next week
Anonymous

I will bli neder keep my phone in my room for an hour after my kids come home from school for one week but would like to keep it up
Anonymous

I will bli neder keep my phone off this week once the kids come home and are in bed
anonymous

I will bli neder keep my voice low and calm when my kid does something wrong. bnm,
Anonymous

I will bli neder keep to my machsim l'fi hours and refrain from speaking Lashan Hara
Anonymous

I will bli neder learn 2 halachos of shmiras halashon every day for one week
Anonymous

I will bli neder learn a halacha about brachos every day for the next two weeks
B

I will bli neder learn a halocho in tznius from Rabbi Falk every day for the next 40 days
Anonymous

I will bli neder learn a page a day of shmiras haloshon for the next three weeks, starting 02/06/21
ERM

I will bli neder learn a women's Sefer (nefesh chaya) every day for one week
Anonymous

i will bli neder learn five minutes of mussar for two weeks
Anonymous

I will bli neder learn from Chovos Halevovos daily for one month
Anonymous

I will bli neder learn from Mesilas Yesharim for one week each night
Anonymous

I will bli neder learn hilchos shabbos every week with a chavrusa
anonymous

I will Bli Neder learn inspiring things about brochos, which will help me have kavana when i say them
YS

I will bli neder leave my phone upstairs in my room in the afternoon when the kids are around.
I will bli neder

I will bli neder leave my phone upstairs when the kids come in from school and on..
Anonymous

I will bli neder light candles on time this shabbat
Anonymous

I will bli neder light even earlier than early this coming shabbos.
cg

I will bli neder light shabbos candles five minutes early
Anonymous

I will bli neder light try to light 10 minutes early
Anonymous

I will bli neder listen to the nightly machsom lefi recording for five days
Anonymous

I will bli neder look at someone and try to see their pure neshama, not how they externally look.
Anonymous

I will bli neder look at the words and try to concentrate while benching until after shabbas
Anonymous

i will bli neder look for what others need in friendships, rather than looking what can i take from them
Anonymous

I will bli neder look inside while saying asher yatzar once a day for a week
anonymous

I will Bli Neder look into my siddur when davening Brachos and try to concetrate on the meaning of the words for a week.
Anonymous

I will bli neder look through this list every so often and steal ideas of kaballahs to take upon. Thanks all! Ive always dreamed of having such a list.
anonymous

I will bli neder maintain a positive attitude and stay calm this erev shabbos and the next.
Anonymous

I will bli neder make 4 phone calls a week to people who could use a pick me up
Anonymous

I will Bli Neder make a Bracha Acharona pretty much after i finish eating.. instead of getting to it a while later :-)
I will bli neder make a bracha acharona with kavanah 3 times this week
I will bli neder make a brachah with the food in my right hand for the next week iyh
I will bli neder make a phone call a day to brighten a person's day for one week
I will bli neder make brachos on food/drink only when there is someone around to say amen for the next 3 days
I will bli neder make brochos with kavana for a week.
I will bli neder make challas every week.
I will bli neder make extra effort to concentrate in first bracha of Shemonei esrei this week
I will bli neder make extra effort to concentrate in first bracha of Shemonei esrei this week
i will bli neder make sure i wash netilas yadayim correctly with completely dry hands before wahing and while saying hamotzi
I will bli neder make sure my hair is covered even when wearing my snood in the house, and check to see I am covered before I leave the house for one week.
I will bli neder make sure to be covered when nursing for one week. (hopefully always!)
I will bli neder make sure to be tznius when leaving my room at night for the next week
I will bli neder make sure to have a filter installed on my ipad this week
I will bli neder make sure to mask and insist others mask for safety
I will bli neder make sure to not leave my bedroom without a tichel for this week
I will bli neder make the bracha of shehakol on water with kavana at least once a day this week
I will bli neder make the bracha of shehakol on water with kavana at least once a day this week
I will bli neder move away from my computer while bentching and try to bentch with more kavana for one week.
I will bli neder not 'unblock" (even temporarily) any sites from my filter for entertainment purposes for 1 week. starting tonight.
I will bli neder not 'unblock" any sites from my filter for entertainment purposes for 1 week. starting tonight.
I will bli neder not answer back to my parents this week
I will bli neder not be busy with non work related things while at work
I will bli neder not browse google
I will bli neder not check my email more than once a day for 1 week (to start)
I will bli neder not check my messages before i daven for a week
I will bli neder not check my personal email during work hours
I will bli neder not check my texts before davening for this week
I will bli neder not check my texts before I daven in the morning for one week
I will bli neder not check yeshivah world or any news sites for 2 weeks
I will bli neder not complain to my husband for a week
I will bli neder not contradict my parents this week.
I will bli neder not do anything else when I say brachos for a week
I will bli neder not do anything else while davening brachos and try to concentrate fully on the words for the next week
i will bli neder not do anything while davening
I will bli neder not do non-work related things on the internet for the first hour of the day for the next month
I will bli neder not eat before saying Brochos
I will bli neder not eat or drink before davening brachos in the morning for a week (and hopefully longer)
I will bli neder not get out of bed before washing negel vasser for one week
I will bli neder not go on my phone till after davening for one week iyh
I will bli neder not go on social media for one week. hopefully longer
I will bli neder not go on the computer before davening
I will bli neder not go on to a certain website that I find myself getting pulled onto looking at bad things for this week except
I will bli neder not go on twitter for the next three days im yirtzah Hashem
I will bli neder not go on youtube (except for music) for the next 3 weeks.

anonymous

anonymous

anonymous

rivka

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rivky

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Anonymous

Thanx!

Anonymous

Anonymous

Anonymous

I will Bli neder only take my pills once I washed negel wasser in the morning (and not whilst still in bed) till Shabbos, and hope to continue.	Anonymous
I will bli neder only use my phone to go online for music and nothing else	anonymous
I will bli neder open my work emails and take care of some before i open my personal emails	Anonymous
I will bli neder pay attention to my brachos for the next week- rishona and acharona	anonymous
I will Bli neder Point by the first Bracha of Shmoneh Esrai for a week	Anonymous
I will Bli neder point into the siddur for the first paragraph of Shema in Maariv this week	anonymous
I will bli neder praise my husband and children warmly more often for the next three days	Anonymous
I will bli neder prepare and wash negel wasser for one week	Anonymous
I will bli neder prepare for Shabbos in some way everyday starting on Sunday for a week	anonymous
I will Bli neder prepare negal vaser this week	Anonymous
i will bli neder prepare negal vasser next to my bed	Anonymous
i will bli neder prepare negal vasser next to my bed	Anonymous
I will bli neder prepare negel vasser for the next two weeks	Anonymous
I will bli neder prepare negel vasser for the next week bezh	Anonymous
I will bli neder prepare neigel vasser for each morning near my bed.	anonymous
I will bli neder prepare the fleishik veg and boil eggs for Shabbos on Thursday nights for the next 4 Shabbosos when with family.	Anonymous
I will bli neder prepare the shabbos candles for my mother and accept shabbos 10 minutes early	Anonymous
I will bli neder put a skirt on over pjs as soon as I get out of bed for a week	anonymous
I will bli neder put a white tablecloth on the table Thursday night for the next two weeks, and will try t keep it up	anonymous
I will bli neder put away a half hour in my morning schedule to daven in one place,tomorrow.	anonymous
I will bli neder put away my phone when my kids come home from school this week	Anonymous
I will bli neder put bitter nail polish today to stop biting nails on shabbos	Anonymous
I will bli neder put down my phone when my husband comes home	Anonymous
I will bli neder put down my phone when my husband comes home	Anonymous
I will bli neder put down my phone when talking to someone in my family this week	Anonymous
I will bli neder put my phone away for one hour after my kids get home from school for one week.	Anonymous
I will bli neder put my phone away for one hour after my kids get home from school for one week.	anonymous
I will bli neder put my phone away from 7:30 to 8:30 every night for one week	Anonymous
I will bli neder put my phone down when my husband comes homes	Anonymous
I will bli neder put my phone on silent when davening for a week	Anonymous
I will bli neder put my phone on silent while I daven this week	Anonymous
I will bli neder put my phone on silent while I daven this week	Anonymous
I will bli neder put on makeup for my husband before he comes home for lunch this week	anonymous
I will Bli Neder read one page of chovos halivavos, shaar habitochon before i go to sleep each day	anonymous
I will bli neder recognize another person's perspective on a situation and act accordingly once a day for a week.	Anonymous
I will bli neder refrain from complaining once a day for the next week	Anonymous
I will bli neder refrain from complaining once a day for the next week	Anonymous
I will bli neder refrain from looking at my phone while having supper with my family for one week (hopefully longer)	Anonymous
I will Bli Neder refrain from taking skin off my chapped lips on Shabbos	Anonymous
I will bli neder reframe from saying a comment better left unsaid at least twice a day	
I will bli neder remeber to say shema for 1 week	Anonymous
I will bli neder remember to say Asher Yatzar once a day for 2 weeks	Anonymous
I will bli neder remember to write down urgent names for Refaenu instead of just thinking of cholim in general	Anonymous
I will bli neder say asher yatzer thinking of its meaning once a day	Anonymous
I will bli neder say "Aleinu Le'shabeach" while standing in one spot, and reading from my siddur, once a day for the next r	Anonymous
i will bli neder say 1 kapitel tehilim and "acheynu kol beys yisrael..." for the current cholim/problems for 1 week	Anonymous

I will bli neder say Krias Shema at night from a siddur for two weeks	Anonymous
i will Bli neder say krias shema for a week with a siddur	Anonymous
I will bli neder say krias shema from a siddur	Anonymous
I will bli neder say krias shema from a siddur	Anonymous
I will bli neder say krias shema from a siddur for 3 days	Anonymous
I will Bli Neder say Krias Shema from a Siddur for one week.	Anonymous
I will bli neder say krias Shema in a Siddur for 1 week	Anonymous
I will bli neder say krias shema in a siddur tonight.	anonymous
i will bli neder say krias shema looking inside for one week	Anonymous
I will bli neder say krias shema out of a siddur tonight.	anonymous
I will bli neder say krias shema stting up and looking inside a siddur every day for a week	Anonymous
I will Bli Neder say Krias shema while sitting this week.	anonymous
I will bli neder say kriyas shema al hamita from a siddur before going to sleep	Anonymous
i will bli neder say kriyas shema from a shema card as much as possible	Anonymous
i will bli neder say kriyas shema from a siddur for 1 month	Anonymous
i will bli neder say kriyas shema from a siddur for 1 week	Anonymous
i will bli neder say kriyas shema from a siddur for 1 week	Anonymous
I will bli neder say Kriyas Shema from inside for a week - and then hopefully longer	Anonymous
I will bli neder say kriyas shema inside for the next week	Anonymous
I will bli neder say kriyat shema of Shaharit from a siddur for 1 week	Anonymous
I will bli neder say Mincha Ashrei looking in the siddur and sitting in one spot for a week	Anonymous
I will bli neder say Mincha Ashrei looking inside for one week	Anonymous
I Will Bli Neder say mincha or Marriv for the next 3 days	Anonymous
i will bli neder say mizmor l'sodah once a day and say out loud what i'm thankful for	anonymous
I will Bli Neder say mizmor l'sodah once a day for the next week	anonymous
I will bli neder say mizmor l'sodah once a day for the next week.	Anonymous
I will bli neder say moda ani with extra thought for a week	Anonymous
I will bli neder say mode ani in the morning before getting out of bed, and not as part of davening.	anonymous
I will Bli neder say Mode ani with kavanah for the next 3 days	Anonymous
I will bli neder say modeh ani aloud and with kavanah for one week (hoping to keep up)	Anonymous
I will Bli Neder say Modeh Ani before getting out of bed for at least a week	Anonymous
I will Bli Neder say Modeh Ani before getting out of bed for the rest of this week, and will try to continue thereafter	Anonymous
I will bli neder say modeh ani first thing in the morning with kavanah, thanking Hashem for my whole family and that were all healthy and safe	Anonymous
I will bli neder say Modeh Ani when I first open my eyes each morning	Anonymous
i will bli neder say modeh ani with kavana for the next 3 days	Anonymous
i will bli neder say modeh ani with kavana for the next 3 days	Anonymous
i will bli neder say modeh ani with kavana for the next 3 days	Anonymous
I will bli neder say modeh ani with kavana for this week	cg
I will bli neder say modeh ani with kavana for this week	anonymous
I will bli neder say modeh ani with kavanah before arising every day for (at least) a week	Anonymous
I will bli neder say modeh ani with kavanah for a week	Anonymous
I will bli neder say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder say Modeh Ani with kavanah for the next week (and hopefully onwards too)	Anonymous
I will bli neder say modeh ani with kavanah for the rest of this week.	Anonymous
I will bli neder say modeh ani with kavanah for the rest of this week.	Anonymous

I will bli neder say modeh ani with Kavanah for three days (and hopefully forever!)	Anonymous
I will bli neder say modeh ani with more kavanah this week	anonymous
I will bli neder say more Tehillim when I'm sitting down rather than looking at my phone during the day for a week	Anonymous
I will Bli Neder say more than just postivity in my every day life, and the words of artistry would come out pure as beuatiful sounding to ones ears	anonymous
I will bli neder say Moshe Ani with Kavana for the next week.	Anonymous
I will bli neder say my bracha achnoros inside for the next week	Anonymous
I will Bli Neder say my brachos on food only when someone is nearby to anwer amen for the next 3 days	anonymous
I will bli neder say my brachos with more concentration.	Anonymous
I will Bli Neder say my morning Brachos outside so people can say Amein	anonymous
I will bli neder say one bracha with kavana each day, for one week	Anonymous
I will bli neder say one kapital tehillim each day for the next week	Anonymous
I will bli neder say one perek of tehillim every day for one week	anonymous
I will bli neder say one perek of tehillim for cholim and for the geula for one week	Anonymous
I will bli neder say one perek of tehillim for cholim and for the geula for one week	Anonymous
I will Bli neder say only nice things to everyone until Monday morning	Anonymous
i will bli neder say say asher yatzar with kavana standing in place for a week	anonymous
I will bli neder say Shema at night before lying down this week.	anonymous
I will bli neder say shema at night from a siddur	anonymous
I will bli neder say shema every night	anonymous
I will bli neder say shema every night	Anonymous
I will Bli Neder say shema from a shema card this week	
I will Bli Neder say shema from a shema card this week	Anonymous
I will bli neder say shema from a shema card this week	anonymous
I will bli neder say Shema from a siddur	Anonymous
I will bli neder say Shema from a siddur	Anonymous
I will bli neder say Shema from a siddur for one week	Anonymous
I will Bli neder say Shema inside a siddur, with Kavana to be mekabel Ol Malchus Shamayim for one week	Anonymous
I will bli neder say shema looking inside for the next week and hopefully continue	Anonymous
I will bli neder say Shema Looking into my siddur	Anonymous
I will bli neder say shema sitting, from inside, i really hope always	Anonymous
I will bli neder say Shema with a bentcher	Anonymous
I will Bli Neder say Shema with greater Kavana tonight	anonymous
I will bli neder say shema with kavanah in a siddur for a week	Anonymous
I will bli neder say shema with kavanah in a siddur for a week	Anonymous
I will Bli Neder say shma with more kavana tonight!	anonymous
I will bli neder say shmoneh esrei of shacharis from a sidur for the next week.	Anonymous
I will bli neder say some tehilim instead of using my phone while nursing at least once a day for a week - Is this allowed?	
Yes if you didn't touch something normally covered. you can keep water near you and wash off your hands before you say tehillim	Anonymous
I will bli neder say some tehilim instead of using my phone while nursing for the next 3 days	Anonymous
I will Bli neder say something positive to my brother, every day for this week	Anonymous
I will Bli Neder say sure once a day when my mother asks me to do something for a week	
I will bli neder say thank you Hashem for something everyday	anonymous
I will bli neder say the 13 ani maamins for the next week iyH, kol hakavod everyone!! see you soon in Yerushalayim;)	Anonymous
I will Bli neder say the Bracha of Magen Avrohom of Shmone Esrei while looking into the Siddur for the next 5 Shmone Esrei's I do	Anonymous
i will bli neder say the brachah hanosein layaef koach looking inside for a week	Anonymous
I will bli Neder say the Brachos hashachar loud to help me think of the words for a week.	Anonymous

I will bli neder stand in place when saying aleinu for 2 weeks	Anonymous
I will bli neder stand still and try to focus for Asher ya tzar for one week	Anonymous
I will bli neder stand still while saying Asher yatzar till purim	Anonymous
I will bli neder stay calm during bedtime for the next four nights	Anonymous
I will bli neder stay one place when saying asher yotzar until shabbos	Anonymous
I will bli neder stop and say Asher Yatzra properly from a text whenever possible.	anonymous
I will bli neder stop for one asher yatzar with kavana each day this week.	Anonymous
I will bli neder stop myself from criticizing at least once a day for a week.	Anonymous
I will bli neder stop myself from saying Loshon Hara once a day	Anonymous
I will bli neder stop to say a quick tefillah for any tehilim name or appeal that i encounter this week instead of just ignoring	Anonymous
I will bli neder stop what I am doing when my husband walks in and give him a smile for a week	Anonymous
I will bli neder stop what I am doing when my husband walks in and give him a smile for a week (Feb 4- 11)	Anonymous
I will bli neder stop what I am doing when my husband walks in and give him a smile for a week (Feb 4- 11)	Anonymous
I will Bli neder stop what I'm doing to greet my husband when he comes home for a week.	Anonymous
I will bli neder stop what im doing when my husband comes home and greet him with a smile	Anonymous
I will bli neder strengthen the stay in one place for asher yotzar I took on.	Anonymous
I will bli neder take care of a halachic matter I've been putting off <i>this week</i> .	anonymous
I will bli neder take care of my household duties (ie dishes, laundry) before spending time on phone after put kids to bed (3days; hopefully longer)	Anonymous
I will bli neder take in Shabbos 5 minutes early this week and BeH will be able to keep this up	Anonymous
I will bli neder take in Shabbos this week 10 min early	Anonymous
i will bli neder take negel vasser to my bed for one week .	Anonymous
I will bli neder take off shopping from my computer for a week starting Sunday.	Anonymous
I will bli neder take on shabbas 10 minutes earlier this week	Anonymous
I will bli neder take on shabbos 10 min early this coming week.	Anonymous
i will bli neder take on shabbos 10 min early this coming week.	Anonymous
I will Bli Neder take on Shabbos 10 min early this coming week.	Anonymous
I will bli neder take on shabbos 10 min early.	anonymous
I will bli neder take on shabbos 5 mins earlier this week.	Anonymous
I will bli neder take on Shabbos 5 minutes early this week with an option to renew	Anonymous
I will bli neder take one garment that does not stick to the tznius standars out of my closet	Anonymous
I will bli neder talk respectfully to my parents.	Anonymous
I will bli neder talk to hashem for 5 minutes before starting to daven, for this week	Anonymous
I will bli neder talk to Hashem for a few minutes before beginning my day.	Anonymous
I will bli neder talk to Hashem in my own words at least once a day for the next week	Anonymous
I will bli neder talk to Hashem, using my own words, once a day, for the next week	Anonymous
I will bli neder talk to Hashem, using my own words, once a day, for the next week	Anonymous
I will bli neder talk to my parents and sibilings in a respective manor	Anonymous
i will bli neder talk with more respect to my parents today	hatzlacha for all!!
I will bli neder teach my children to treat all people with respect and kindness	Anonymous
I will bli neder thank Hashem and whisper it to myself for three things every night before I go to sleep for the next week	anonymous
I will bli neder thank hashem for 3 things before I go to sleep for the next week	anonymous
I will bli neder thank hashem for 3 things before I go to sleep for the next week	anonymous
I Will Bli Neder thank Hashem for 3 things daily for the next week 2/12-2/19	anonymous
I will bli neder thank hashem for 3 things when i get into bed at night for one week (hopefully longer)	anonymous
I will bli neder thank Hashem for 5 things tonight and if I could also tomorrow.	Ruchie
i will bli neder thank hashem for at least 5 things for the next week	Anonymous

I will bli neder thank Hashem for few things each day	anonymous
I will bli neder thank Hashem for few things each day	anonymous
I will bli neder thank Hashem for two things every evening before going to sleep for one week	anonymous
I will bli neder thank Hashem for two things in writing twice this week	anonymous
i will bli neder thank hashem loud for one thing a day	anonymous
I will bli neder think before I speak	anonymous
i will bli neder think shivisi Hashem lenegdi tamid, once a day for the next 3 days.	anonymous
i will bli neder think shivisi Hashem lenegdi tamid, once a day for the next 3 days.	anonymous
I will bli neder think twice before i react to a difficult situation	anonymous
i will bli neder throw out my skirt that is getting to short	Anonymous
I will bli neder to daven early enough that I have time to daven slowly	Anonymous
i will bli neder to use kind words to my husband for the next three days	anonymous
i will bli neder try a hard hour of my day not to talk loshon horah for 3 days	anonymous
I will bli neder try and concentrate more on mode ani for at least a week	Anonymous
I will bli neder try and concentrate more on mode ani for at least a week	Anonymous
I will bli neder try and have kavana by the bracha of "laasok bidivrei sora" for one week	Anonymous
I will bli neder try and say my brochos with more kavana and think about what i'm saying	Anonymous
I will Bli Neder try and see Hashems hand in my day for one week	Anonymous
I will bli neder try be more patient with my kids	anonymous
I will bli neder try extra hard to not raise my voice when I feel like very much raising it!	Anonymous
I will bli neder try for a few days to say mode ani in the morning before getting out of bed	anonymous
I will bli neder try not to bother my husband while he is learning	anonymous
I will bli neder try not to check my emails at all while my kids (besides for my baby) are home and awake for 3 days beH	anonymous
I will bli neder try not to complain during the month of Adar	anonymous
I will Bli Neder try not to contradict my parents or cut into their conversastions for the next week	Anonymous
I will bli neder try not to fight with my sister in the moring till rosh chodesh adar	Anonymous
I will bli neder try not to forward any inappropriate funny pictures/quotes for this week	Anonymous
I will bli neder try not to forward mundane cartoons and video clips	anonymous
I will bli neder try not to get dragged into petty arguments through the month of adar	anonymous
I will bli neder try not to get too upset when my husband does something that is not to my liking for as long as I can	Anonymous
I will bli neder try not to go on the internet until I daven birchas hashachar until purim (hopefully longer)	Anonymous
I will bli neder try not to judge others	Anonymous
I will bli neder try not to judge when my husband gets up a bit late, and to appreciate when he does get up early	anonymous
I will bli neder try not to look at emails (be on computer) when eating meals for 1 week	Anonymous
I will bli neder try not to question/doubt my husband this week, showing more respect	Anonymous
I will bli neder try not to raise my voice at my children today	Anonymous
I will bli neder try not to raise my voice at my kids this week.	Anonymous
I will bli neder try not to raise my voice this Friday night	Anonymous
I will Bli Neder try not to raise my voice when Im upset for a week	anonymous
I will Bli Neder try not to read when my husband is home and available this week.	Anonymous
I will bli neder try not to say no to my parents when disagreeing over something.	Anonymous
I will bli neder try not to scream at my children and instead either keep quiet or talk calmly. starting till after shabbos and hopefully to continue.	Anonymous
I will bli neder try not to sing non jewish songs the whole day	Anonymous
I will bli neder try not to talk any loshon horah with my husband over supper time	Anonymous
I will bli neder try not to talk bad about people for the next three days	Anonymous
I will bli neder try not to talk on the phone outside (not including my porch) for the next week	anonymous
i will bli neder try not to talk on the phone while walking on the street	Anonymous

I will bli neder try not to touch my phone for the next 5 minutes.	Anonymous
I will bli neder try not to touch my phone in the morning until my son leaves to school, for 2 days this week	anonymous
I will bli neder try not to voice a single complaint for the next 3 days (working on changing the complaints to gratitude), and bli neder at least on Shabbosim after that	Anonymous
I will bli neder try till the end of this week to be very careful and honest with my working times (not to extend my lunch break, not to do non work related stuff during work hours)	anonymous
I will bli neder try to act and react to life's situations with Emunah and not only tell over stories about Emunah	Anonymous
I will Bli neder try to appreciate all the light around me; in every person and especially in Torah, and allow that light to help me see the world correctly	Anonymous
I will bli neder try to be calm on Friday when I come home from work and not raise my voice	Anonymous
I will bli neder try to be careful to make bracha achronos this week and hopefully contnue on as well	Anonymous
I will bli neder try to be dan l'kaf zechus to close family members for the next week.	Anonymous
i will bli neder try to be melamed zchus those who are not wearing masks	anonymous
I will Bli neder try to be mikabel ol malchus shamayim when saying kriyas shema once a day for a week	anonymous
I will bli neder try to be more positive about my baby waking up in middle of the night	Anonymous
I will bli neder try to be ready for Shabbos five minutes early until purim	Anonymous
i will bli neder try to bring in shabbos a little earlier and calmer this week	Anonymous
I will bli neder try to concentrate and look at the words in the siddur whilst saying Ma Tovv for one week.	Anonymous
i will bli neder try to concentrate on the words of asher yatzar	anonymous
I will bli neder try to concentrate whilst saying Modeh Ani in bed for one week.	Anonymous
I will bli neder try to control myself once a day during my kids temper tantrums	Anonymous
I will bli neder try to cover my knees when coming out of the car	anonymous
I will bli neder try to daven berachos from a siddur	anonymous
I will bli neder try to daven brachos for the next week	Anonymous
I will bli neder try to daven brachos in the morning with kavana for the next 2 weeks.	Anonymous
I will bli neder try to daven brachos in the morning with kavana for this week.	Anonymous
i will bli neder try to daven bruchos from a sidder	anonymous
i will bli neder try to daven maariv with kavana this week	Anonymous
I will bli neder try to daven mincha 3 times this week.	Anonymous
I will bli neder try to daven on Friday and Shabbos this week	Anonymous
I will bli neder try to daven shacharis before turning on my computer this week.	anonymous
I will bli neder try to daven shacharis in a quiet room for mon - fri	Anonymous
I will Bli Neder try to daven shachris before chatzos this week	Anonymous
I will bli neder try to Daven Shachris one day this week	anonymous
I will bli neder try to do kibud horim with more simcha and more shlaimos	Anonymous
I will bli neder try to do one chesed every week	anonymous
I will bli neder try to get out of bed within 5 minutes of my alarm	Anonymous
I will bli neder try to get out of bed within 5 minutes of my alarm this week	Anonymous
I will bli neder try to get to bed earlier so that I can wake up earlier to daven instead of squeezing it in while I am working.	anonymous
I will bli neder try to get to sleep by 11 to daven neitz	anonymous
I will bli neder try to give on person a compliment once a day for a week	Anonymous
I will bli neder try to give on person a compliment once a day for a week	anonymous
I will bli neder try to greet my husband with a smile for the next week.	Anonymous
i will bli neder try to greet my husband with a warm smile for the next 4 days	Anonymous
I will bli neder try to greet my kids every morning with a big smile (for this week - and hopefully longer)	Anonymous
I will bli neder try to have a smile on my face and be in a happy mood when my husband comes home.	Anonymous
I will bli neder try to have a smile on my face and when my husband comes home and not complain for the first 5 minutes for a week	anonymous

I will bli neder try to have extra kavana when making a shehakol on my morning coffee for next week.	cs
I will bli neder try to have kavanah for the bracha of "uvnei Yerushalyim" this week	anonymous
I will bli neder try to have kavanah for the first bracha of birchas hamazon this week	Anonymous
I will bli neder try to have kavanah for the first bracha of birchas hamazon this week	anonymous
I will bli neder try to have kavanah for the first bracha of shemona esrei in shacharis	Anonymous
I will bli neder try to have kavanah when making an al hamichya this week.	Anonymous
i will bli neder try to have kavannah and stand in one place by aleinu	Anonymous
I will bli neder try to have more kavanah during the first part of birchas hamazon.	anonymous
I will bli neder try to hold back from criticizing my children atleast once a day for one week	Anonymous
I will bli neder try to judge others favorably	Anonymous
I will bli neder try to keep a smile on my face and a positive attitude from now until Pesach!	anonymous
I will Bli neder try to keep my knees covered throughout the day (even while sitting on the floor with little children, bendir	Anonymous
i will bli neder try to keep my knees covered when I sit on the floor with my kids	anonymous
i will bli neder try to keep my knees covered when I sit on the floor with my kids for two weeks	anonymous
I will bli neder try to keep my voice pleasant when upset from now through Shabbos this week	Anonymous
I will bli neder try to learn a lesson from a sefer or a speech once a day.	Anonymous
I will bli neder try to light candles 10 minutes early, for as long as I can	Anonymous
I will Bli Neder try to light candles 5 minutes before the zman	anonymous
I will bli neder try to light candles 5 minutes early	EZ
I will bli neder try to limit friendly chatter with males outside of my immediate family.	Anonymous
I will bli neder try to limit my technology use except for school and phone calls and messages at least until get a proper fil	Anonymous
I will bli neder try to make brachos loud and clear for the next week	Anonymous
I will bli neder try to make brachos with kavana this week	Anonymous
I will bli Neder try to make sure I smile for ten minutes evey day for one week	Anonymous
I will bli neder try to not look at my personal emails one day during work hours	Anonymous
I will bli neder try to prepare negel vasser every night	AB
I will bli neder try to prepare negel vasser every night for the next week and with HASHEM help continue afterward	anonymous
I will bli neder try to put down my phone or tell the person on the phone that I need to go when my husband/children comes in	Anonymous
I will bli neder try to refrain from going on any websites that are unecessary for the next 2 weeks	Anonymous
I will bli neder try to refrain from speaking Loshen Hora for one hour in the morning and evening.	Chany Buxbaum
I will bli neder try to reframe when i feel down and be positive instead once a day until the end of this week	anonymous
I will bli neder try to remember not to speak English when there are others on the same bench etc that do not understand the language	Anonymous
I will bli neder try to remember that we can never know what difficulty another is experiencing and so always try to be encouraging , friendly and nice	Anonymous
I will bli neder try to remember to call my mother in law when I have time to chat and not just for a erev Shabbos snatcher	Anonymous
I will bli neder try to say 'Asher Yatzar' three times a day with kavana, for the next two weeks	anonymous
I will bli neder try to say "Al Hamichya" with extra kavana for one week.	Anonymous
I will Bli Neder try to say a perek of tehilim before walking into my door from work, to stay cool, calm and collected throughout the afternoon	anonymous
I will bli neder try to say al hamichia inside when I am home for as long as I can.	Anonymous
I will bli neder try to say al hamichya sitting and from a siddur for one week	Anonymous
I will bli neder try to say alienu standing in one Place for the next week	Anonymous
I will bli neder try to say all brochos out loud for the next three days and make sure someone answers amein	Anonymous
I will bli neder try to say asher yatzar after going to bathroom for one week and then try longer so it becomes a habit.	R,B
I will bli neder try to say Asher Yotza with Kavana once a day for a week	Masha
I will bli neder try to say at least part of kabbalas shabbos for the next 2 weeks	Anonymous

I will bli neder try to say birchas hamazon from a bencher the whole time for a whole week	Anonymous
I will bli neder try to say Birchash Hashachar while looking in the siddur for a week, and hopefully continue	Anonymous
I will bli neder try to say birchas hashacher from a siddur for the next two weeks	anonymous
I will bli neder try to say Borai Nefashos from a text (some asher yatar cards have it on the back)	anonymous
I will bli neder try to say brachos out loud so people can say amen at home for a week	Anonymous
I will bli neder try to say brochos every morning for the next week-starting today!	Anonymous
I will bli neder TRY to say every brocho rishono this week sitting down	Anonymous
I will bli neder try to say krias shema from a siddur this week	anonymous
I will Bli Neder try to say modeh ani every morning with kavanah for a week	Anonymous
I will bli neder try to say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder try to say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder try to say Modeh Ani with Kavanah for one week	Anonymous
I will bli neder try to say one perek of tehilim every day for 1 wk	Anonymous
I will Bli Neder try to say shema tonight before going to sleep	Anonymous
I will bli neder try to say tehilim every day this week.	anonymous
I will bli neder try to say tehilim every day before work	Anonymous
I will bli neder try to say the bracha of "hamechin mitzadei gaver" with kavana for the next week	Anonymous
i will bli neder try to say the bracha shehakol out loud for a few days	anonymous
I will bli Neder try to say the entire shema from the siddur/shema card for the next 3 days.	anonymous
I will bli neder try to smaile at someone at least once a day this week.	anonymous
I will Bli Neder try to smile when saying Modeh Ani tomorrow	Anonymous
I will bli neder try to stay calm during homework time with my children for this and next week	Anonymous
i will bli neder try to stay calm this comming Friday and bring in shabbos happy and relaxed (for one time)	Anonymous
i will bli neder try to stop myself from getting upset once a day for the next week	Anonymous
I will bli neder try to stop myself from getting upset once a day for the next week	Anonymous
I will bli neder try to take on Shabbos 10 minutes early	Anonymous
I will bli neder try to talk more quietly in the street	anonymous
I will bli neder try to think about the main idea of each bracha in shmoneh esreh	nice! i like that idea!
I will bli neder try to think of Hashem protecting us all when I say the word Magen in Shmone esre	anonymous
I will bli neder try to think positive and not tell over tragedies, horror stories and general downers	Anonymous
I will bli neder try to tuen my phone on silent when I daven this week.	Anonymous
I will bli neder try to wake up in time to daven before zman tefilla	Anonymous
I will bli neder try to wear tightts for one week	Anonymous
I will bli neder try to wrap any piece of bread that needs to go to the garbage	anonymous
I will bli neder try very hard not to correct or interrupt my husband when he's speaking	Anonymous
I will bli neder Try very hard to think about how INCREDIBLE klall yisroel is and all of us bnos yisroel for one week	anonymous
I will bli neder Try very hard to think about how INCREDIBLE klall yisroel is and all of us bnos yisroel for one week N: what an INCREDIBLE lady you are!!	anonymous
I will bli neder try, for one week to remind myself that Im worth it	Anonymous
I will Bli Neder turn my phone on silent and keep it far from me when I am davening from now until Pesach	Anonymous
I will bli neder turn my phone on silent before I start davening each tefillah (for this week and hopefully beyond)	
I will bli neder until the end of this week and hopefully much longer, try not be sad and question Hashem's chesed	anonymous
I will bli neder vaccinate as soon as possible and advocate for others to do the same	Anonymous
I will bli neder wait to touch my phone until i wash my hands in the morning	Anonymous
I will bli neder wake up early for 2 weeks to properly daven shachris	anonymous
I will bli neder wake up extra early this week to be able to daven shacharis properly at home.	ty! tizku l'mitzvos!
I will bli neder wake up on time to daven before zman tefila this week	Anonymous
I will bli neder wake up with my children right away in the morining so that we can have a calm morning for one week	Anonymous

I will bli neder walk around the house with my feet covered for 1 week and hopefully longer.	Anonymous
i will bli neder wash before i eat bread for the next week.	Anonymous
i will bli neder wash by kids negel vaaser before she eats in the morning,	Anonymous
I will Bli neder wash my baby negel vasser	Anonymous
I will bli neder wash my entire hands properly during negel vasser this week	anonymous
I will bli neder wash my hands before getting up to take care of my kids in middle of the night	Anonymous
I will bli neder wash my hands with a cup for asher yatzar for the next three days	anonymous
I will bli neder wash negel vaaser before using my phone for one week	Anonymous
I will bli neder wash negel vasser before going on my phone	Anonymous
I will bli neder wash negel Vassar before going to the bathroom for a week	Anonymous
I will bli neder wash negel vasse before touching my phone in the morning	Anonymous
I will bli neder wash negel vasser at my bed and say Modeh Ani with kavana right away.	Anonymous
I will bli neder wash negel vasser before touching my phone/computer in the morning, for one week.	Anonymous
I will Bli neder wash negel vasser berfore doing anything else in the morning (besides turning off my alarm) till rosh chodesh adar	Anonymous
I will bli neder wash negel vasser berfore getting out of bed for as long as I can	Anonymous
I will bli neder wash negel vasser first thing in the morning by my bed for the next 3 days	Anonymous
I will bli neder wear loose-fitting clothing when I wear maternity, as a zchus all the pregnant women should feel well!	Anonymous
I will bli neder wear socks under my leggings.	Anonymous
I will bli neder will not talk on my phone in the street for this week	Anonymous
I will bli neder work on anger, say Igeres Haramban at least once a month.	Anonymous
I will bli neder work on appreciating my child even when he is being difficult	Keep on goin' Thanks:)
I will Bli Neder work on making Shalom in different relationships and situations.	Anonymous
I will bli neder work on my relationship with my nine year old from today until next week	Anonymous
i will bli neder work on sticking to the truth and not exxagerating for next 3 days.	anonymous
I will Bli Neder write down 100 things that I thank Hashem for, each day.	anonymous
I will bli neder write down one senario every day, till Rosh Chodesh Nissan, were I did not hurt a persons feelings.	Faigy
I will bli neder write in a notebook what I am thankful for from H' every day until Purim - and longer BzrH'	Anonymous
I will Bli neder write in a thank you Hashem journal this week	anonymous
I will bli neder write three ways I saw yad Hashem every night this week	Anonymous
I will bli neder, for one week, wash negel vasser before I touch anything	Anonymous
I will bli neder, once during afternoon, for next week, check if snood is properly covering my hair, if not, fix it.	Anonymous
i will bli neder, stand in one place and try to have kavana when saying asher yotzar	Anonymous
i will bli neder, stand in one place, not move or walk or do anything, when saying asher yotzar	Anonymous
I will bli nedr get up 3 times a day when its hard for me thanking hashem for my ability to do so!!	Anonymous
I will bli never not touch my phone before davening shacharis for the next week	Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning	Anonymous
I will blie neder say Asher Yatzar with more kavanaah this week	Anonymous
I will blin neder bring in shabbos 10 minutes early this week	anonymous
I will blin neder daaven kabala shabbos this week	Anonymous
I will Blin Neder say asher yatzar while standing in one place and with the best kavana I can muster, for one day I'll try longer	Anonymous
I will blin neder say asher yatzar while standing in one place and with the best kavana I can muster, for this week	Anonymous
I will blin neder try to say asher yatzar with kavana, for 1 week	Anonymous
I will blineder daven mincha this week including ashrei and aleinu- hopefully longer!	Anonymous
I will Blineder daven mincha today including ashrei and aleinu	Anonymous
I will Blineder daven mincha today including ashrei and aleinu	Anonymous
I will Blineder daven mincha today including ashrei and aleinu	Anonymous

i will blineder not check my phone messages until i davened brachs for the next week and hoping to keep to it	Anonymous
I will blink neder close all technology 30 minutes before bed this week	Anonymous
i will bln bring in shabbos at the yerushalaim time	Anonymous
I will bln compliment each of my children once a day consciously for 1 week.	Anonymous
i will bln cover up more when nursing	Anonymous
I will BLN for the next week get dressed in the bathroom	Anonymous
I will BLN keep a thank you Hashem daily notebook for the next week	Anonymous
I will bln keep Shabbos an extra half hour when I'm home, when possible	Anonymous
I will bln not walk around without socks/tights for one week	Anonymous
I will bln say a perek of Tehillim and Kabbalas Shabbos after lighting this week.	Anonymous
I will Bln say Ashar Yatzer standing in place for the next week	Anonymous
I will bln say brachos with kavana this week	Anonymous
i will bln say one kapitle tehilim for one week	Anonymous
i will bln sit when i eat/ try to cover y hair whrn i leave my bedroom	Anonymous
I will bln talk calmly to my children for the first hour in the morning and when they come home for this week	Chani
i will bln try be more covered when nursing	Anonymous
I will bln try to increase my patience with my children and not raise my voice over shabbos	Anonymous
I will BN daven berachos out of the siddur this week liluy nishmas my grandfather and aunt	Anonymous
I will bn not go on imamothe tonight	anonymous
i will bn say krias shmah from a sidur/card through motza shbs	Anonymous
I will bn say one shemonai esreh tefillah a day	anonymous
I will BN try having kavanah when saying brochos in the morning.	anonymous
I will bn try to smile when greeting my husband from coming home for a week.	anonymous
I will BN wear a wigrip under my snood so it wont slip back for 40 days.	Anonymous
I will bn write down something I am grateful to Hashem for every weekday	B
I will greet my neighbor no matter what they wear or don't wear on their head!	Anonymous
I will hold myself back from negative words at least twice a day	Anonymous
I will imyh lein krias shma from a siddur for the next month	anonymous
I will iyH put my shabbos tablecloth on early on Friday morning!	anonymous
I will IYH say Tehilim on Shabbes	Anonymous
I will iyH wash negelwasser right next to my bed for one week and hopefully always	Anonymous
I will join the Sholom Challenge and try to make Sholom my priority	Anonymous
I will light 10 minutes early bln	Anonymous
i will nli neder try harder this week not to be critical of my husband for the 1st 15 minutes when either he or i come home	Anonymous
I will not look at my mother's private email for one week starting Tuesday	Anonymous
I will point by the first bracha of shmoneh esrei for at least a week	Anonymous
I will remove the "google search" from my phone until Pesach (and hopefully longer)	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening, for one week	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening, for one week	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening, for one week	Anonymous
I will say birchas hashachar bli neder from a siddur not doing anything else at the same time as davening, for one week	Anonymous
i will say birkas hashachar from a siddur for 1 week (hopefully more)	Anonymous
i will say krias shema al hamita from a text for one week	anonymous
I will say kriyat shema until I'mRosh Chodesh B'N	Anonymous
I will say אני מודה with מודה in the mornings.	anonymous

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