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 will bli neder say a perek of tehillim a day for the next week- thanks for the idea! (From the person above)	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.	
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	
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	

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 I'shem shamayim.	Anonymous
I will b"n daven Birchas 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"h tell Hashem one compliment a day (for one week) about His children, thereby increasing ahavas chinam o	
this world! Mi Ka'amcha Yisroel!	Anonymous
I will BH wear a mask and socially distance I will bi neder daven birchas hashachar from a siddur for one week	Ananymous
I will bi neder daven birchas hashachar from a siddur for one week I will bi neder daven birchas hashachar from a siddur for one week	Anonymous
I will bit neder try not to judge ppl	Anonymous Anonymous
I will bill neder say אשר יצר after the bathroom	
I will bli neder have extra kavana in my ma'ariv tonight	Anonymous 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.	Allohymous
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 for	eb 7anonymous
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 morningeven if it's real	
early.	Anonymous
i will bli neder add in one perek in shema and say it from a siddur.	Anonymous

I will bli neder always have a smile on my face when my bushand somes home	Ananymaya
I will bli neder always have a smile on my face when my husband comes home.	Anonymous
I will bli neder be better at saying shema for a week I will bli neder be calm, patient and understanding with my younger sister for this week	anonymous anonymous
I will bli neder be careful not to talk about people from 12-1 during work for as long as we can	
I will bli neder be careful with saying brachos achronos until Purim	Anonymous
I will bli neder be careful with saying brachos actionos until Puriti I will bli neder be careful with saying brachos for one week	Anonymous
I will bli neder be completely tzniusly dressed (not nightgown, with socks etc.) whenever anyone knocks on door or	Anonymous
comes in esp neighbors and sons in laws	Anonymous
I will bli neder be dan l'kaf zechus when I see someone acting in a way I don't approve.	Anonymous
I will bli neder be dan l'kaf zechus when I see someone acting in a way I don't approve.	Anonymous
I will bli neder be dan l'kaf zechus when I see someone acting in a way I don't approve.	Anonymous
I will bli neder be extra conscious on washing my toddlers hand for modeh ani every morning	anonymous
I will bli neder be mekabel shabbos 10 minutes early for the next 4 weeks.	Anonymous
I will bli neder be mekabel Shabbos a few min. early	anonymous
I will Bli Neder be more careful in one area of Tznius this week	anonymous
I will Bli Neder be more careful in one inyan of tznius by not using my phone lol on the street for 1 week	anonymous
I will bli neder be more careful to only speak the truth for one hour a day for this week from 11:30 am - 12:30 pm	Anonymous
I will bli neder be more careful to remember to say berachos achachronos after meals this week	Anonymous
I will Bli Neder be more careful with Brachos this week	anonymous
I will bli neder be more patient	anonymous
i will bli neder be on top of giving meiser 4 a week.	Anonymous
i will bli neder be patients with my siblings	anonymous
I will bli neder be ready for Shabbos 10 minutes before the Z'man	Anonymous
I will Bli neder be ready for shabbos 10 minutes before the zman- for the upcoming shabbos! and hopefully be able to c	
I will bli neder be ready for shabbos and accept shabbos when my mother lights this week	Anonymous
I will bli neder be ready for Shabbos by candlelighting time twice	Anonymous
I will bli neder bench from a bencher for 2 weeks	Anonymous
I will bli neder bench from a bencher on שבת	Anonymous
I will bli neder bench with kavana this week	Anonymous
i will bli neder bench with my eyes on the words today	anonymous
I will bli neder bentch from a benchter	Anonymous
I will Bli Neder bentch from a bentcher for 1 week (hopefully longer)	Anonymous
I will bli neder Bentch inside and with extra kavana	Anonymous
I will bli neder bentch inside for one week	Anonymous
I will bli neder bentch licht ten minutes early this shabbos.	Anonymous
I will bli neder bring in shabbos 10 min early this week	Anonymous
I will bli neder bring in shabbos 10 minutes early for the next 3 weeks, in the hope to carry this on as long as I can.	Anonymous
I will bli neder bring in shabbos 10 minutes early for the next 3 weeks, in the hope to carry this on as long as I can.	Anonymous
I will bli neder bring in shabbos 5 minutes earlier this week	Anonymous
I will bli neder bring in Shabbos 5 minutes early for the next 2 weeks	Anonymous
I will bli neder bring in Shabbos 5 minutes early for the next three weeks.	Anonymous
I will bli neder bring in shabbos 5 minutes early this week And	Anonymous
I will bli neder bring in shabbos at the Yerushalmi zman\	Anonymous
I will bli neder bring in shabbos by Israeli zman for the next 2 weeks	Anonymous
I will bli neder bring in shabbos earlier this week and tried for the ones next	Anonymous
I will bli neder bring in Shabbos this week 10 minutes earlier	Anonymous
I will bli neder bring in Shabbos this week 10 minutes earlier	Anonymous
I will bli neder bring in Shabbos this week 10 minutes earlier	Anonymous

Total bit and a bring and a second are the different Country	As a service a service
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 Value and
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
1 Will bit heads dayen beaches before 1 open my computer tills week.	Minightous

I will bli neder daven before chatzos this week I will bli neder daven before I eat for 1 week and b'ezras Hashem continue I will bli neder daven before my coffee in february I will bli neder daven before turing on my computer in the morning for a week I will bli neder daven birchas hashachar from a siddur for one week I will bli neder daven birchas hashsachar with extra kayana for 2 weeks I will bli neder daven birchas hashsachar with extra kayana for 2 weeks I will bli neder daven birchos hashachar before eating for one week I will Bli Neder daven Brachos and Shema tomorrow I will bli neder Daven Brachos before checking my missed texts/calls for the next week i will bli neder daven brachos before i eat something for the next week I will bli neder daven brachos before turning on my computer this week I will bli neder daven Brachos before work for the next week I will bli neder daven brachos from a siddur I will bli neder daven brachos from a siddur every morning I will bli neder daven brachos from a siddur every morning for a week I will bli neder daven Brachos from a siddur first thing for one week I will bli neder daven Brachos from a siddur first thing for one week I will bli neder daven brachos from a siddur for a month I will bli neder daven brachos from a siddur for a week I will bli neder daven brachos from a siddur for a week, hopefully longer... I will bli neder daven Brachos from a siddur for one week I will bli neder daven Brachos from a siddur for one week I will bli neder daven brachos from a siddur for this week i will bli neder daven brachos from a siddur this week I will bli neder daven Brachos from a Siddur this week I will bli neder daven brachos from a siddur without doing anything else for a week I will bli neder daven brachos from a siddur without doing anything else until Rosh Chodesh Adar I will bli neder daven brachos from a siddur without doing anything else, for a week I will bli neder daven brachos inside before turning on my computer this week aloud I will bli neder daven brachos inside every day for the next week I will bli neder daven brachos inside without eating first I will bli neder daven brachos inside without eating first for 5 days. I will bli neder daven brachos this week before eating anything I will bli neder daven brochos before work this week i will bli neder daven brochos from a siddur for a week I will bli neder daven brochos from a siddur for the next week I will bli neder daven brochos looking into a siddur/card for 1 week I Will Bli Neder Daven Bruchos in a siddur every day.. and say 5 Kapitlach tehilim daily. I will bli neder daven for mashiach for one minute a day for one week. I will bli neder daven from a siddur for a week even as a busy mom I will bli neder daven from siddur for one week i will bli neder daven kriyas shema at night from a siddur, sitting I will bli neder daven ma'ariv for a week I will bli neder daven maariv every night this week I will bli neder daven maariv for one week i will bli neder daven maariv for this week (and hopefully longer!) i will bli neder daven maariv for three nights

Anonymous	
Anonymous	
Anonymous	
Anonymous	
Anonymous	
Chana sarah	
Anonymous	

Total biling day day and an accompany and a constitution of the co	As a service and
I will bli neder daven maariv once a week	Anonymous
I will bli neder daven Maariv one time this week	Anonymous
I will bli neder daven maariv this week	Anonymous
I will bli neder daven maariv this week	Anonymous
I will bli neder daven maariv this week	Anonymous
I will bli neder daven mincha 3 times this week.	anonymous
I will bli neder daven Mincha at the first opportunity so that it is not last minute and after Shkia for one month	anonymous
I will bli neder daven Mincha earlier in the day so that it is not last minute before Shkia for this week.	anonymous
I will bli neder daven mincha earlier in the day this week so it's not last minute before shekiya	Anonymous
I will bli neder daven mincha early every day this week	Anonymous
I will bli neder Daven mincha early for one week	Anonymous
I will bli neder daven mincha every day before skiah	Anonymous
I will bli neder daven mincha for one week	Anonymous
I will bli neder daven mincha from tomorrow until next Wednesday	
I will bli neder daven mincha or maariv for the next week	Anonymous
I will bli neder daven mincha three times this week.	Anonymous
I will bli neder daven mincha today.	anonymous
I will bli neder daven mincha twice this week	Anonymous
I will bli neder daven more	Anonymous
I will bli neder daven shacharis every day for one week	anonymous
I will bli neder daven shacharis every day this week	Anonymous
I will bli neder daven shacharis for one week	Anonymous
I will Bli Neder daven Shacharis tomorrow	Anonymous
I will bli neder daven shacharit before starting work, for a week	anonymous
I will bli neder daven shemona esra once a day for a week	Anonymous
I will bli neder daven shmone esrei at least once a week.	Anonymous
I will bli neder daven Shmoneh Esreh at 8:00 AM for the next 3 days	Anonymous
I will bli neder daven shmoneh Esrei at least once a day until purim and hopefully longer	anonymous
I will bli neder daven the 3 Tfilots for this week and hopefully for ever	Anonymous
I will bli neder daven the Brochos inside for 1 week	Anonymous
I will bli neder daven the next three Shacharis and Minchah Aleinus standing in one place	Anonymous
I will bli neder daven while looking in and not say it by heart or from memory (since I probably skip some words ;)	Eliana Rubenstein
I will bli neder Daven with extra kavana this week, focusing on Refaeinu and the many pesukim referring to bringing the	
Geula	Anonymous
I will bli neder daven with more kavana and try make time for mincha on friday before lighting	Anonymous
I will bli neder day Brachos before eating this week	Anonymous
I will bli neder do 1 mitzvah a day with simcha until pessach	Anonymous
I will bli neder do all it takes to be calm and connected to myself and my family this week	Anonymous
I will Bli Neder do at least 1 anonymous chessed a day for a week, and at least 1 a week for a month.	anonymous
I will bli neder do one chessed a day for one week	Anonymous
I will bli neder do one good thing a day that no one knows about	sf
I will bli neder doven mincha early on Friday	Anonymous
I will bli neder eat breakfeast tomorrow	Anonymous
I will bli neder encourage my family and friends to social distance and wear masks whenever they go outside	Anonymous
I will bli neder enjoy and savor every moment of Shabbos without thinking about how soon Shabbos will be over	anonymous
I will bli neder enjoy and savor every moment of Shabbos without thinking about how soon Shabbos will be over	anonymous
I will bli neder explicitly thank Hashem for my children every day	Anonymous
I will bli neder express shevach, bakasha and hodaa every day this week	Anonymous

I will bli neder filter my computer Anonymous I will bli neder find and install a filter for my computer. Anonymous I will bli neder focus my thursday and friday toward being mekabal shabbos 15 minutes early Anonymous I will bli neder focus on brachot achronot for this week ivh. DH 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 Anonymous I will bli neder for the next week try not to unblock any anything my filter unless I need it for school. Anonymous 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. Anonymous 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!) Anonymous i will bli neder give a real compliment at least once a day Anonymous I will bli neder give my baby 5 minutes of undivided attention (no phone, book, or computer...) each day for a week A wannabe ishah tzidkanis 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 anonymous 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 Anonymous I will bli neder give my oldest son compliments and love when I feel like he deserves criticisim I will bli neder give one complement a day to one person in my family for a week Anonymous 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 Anonymous I will bli neder greet my husband with a positive word when he comes home next week Anonymous I will Bli neder greet my husband with a smile and positive word for a week. Anonymous 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 Anonymous 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. Anonymous I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week. Anonymous I will bli neder greet my husband with a smile or by saying something positive upon his return home for a week. Anonymous 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 Anonymous I will bli neder greet my husband with a smile when he comes home for 1 week Anonymous I will bli neder hang up the phone when my husband walks in this week anonymous 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 kayana in the first bracha of bentching this Shabbos Anonymous I will bli neder have kayana in the first bracha of shemoneh esreh for the next week Anonymous I will Bli Neder have kavana when I say krias shema from shema thru vaahavta, for the week, and IYH will cont after Anonymous 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 Anonymous I will bli neder have kavanah by shema in the morning and at night for the next week Anonymous

I will bli neder have kavanah by יתחזינה המחזיר שכינתו asking and then thanking Hashem with excitement for the geulah that will come, for 1 week	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	
I will Bli Neder have more kavana in Krias Shema al Hamita	
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
	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	В
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 nader
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 :-)	anonymous
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	anonymous anonymous
I will bli neder make a phone call a day to brighten a person's day for one week	rivka
I will bli neder make brachos on food/drink only when there is someone around to say amen for the next 3 days	anonymous
I will bli neder make brochos with kavana for a week.	Anonymous
I will bli neder make challas every week.	Anonymous
I will bli neder make extra effort to concentrate in first bracha of Shemonei esrei this week	Anonymous
I will bli neder make extra effort to concentrate in first bracha of Shemonei esrei this week	rivky
i will bli neder make sure i wash netilas yadayim correctly with completely dry hands before wahing and while saying	Tivky
hamotzi	anonymous
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!)	Anonymous
I will bli neder make sure to be tznius when leaving my room at night for the next week	Anonymous
I will bli neder make sure to have a filter installed on my ipad this week	Anonymous
I will bli neder make sure to mask and insist others mask for safety	Anonymous
I will bli neder make sure to not leave my bedroom without a tichel for this week	Anonymous
I will bli neder make the bracha of shehakol on water with kavana at least once a day this week	Anonymous
I will bli neder make the bracha of shehakol on water with kavana at least once a day this week	Anonymous
I will bli neder move away from my computer while bentching and try to bentch with more kavana for one week.	Anonymous
I will bli neder not 'unblock" (even temporarly) any sites from my filter for entertainment purposes for 1 week. starting	
tonight.	Anonymous
I will bli neder not 'unblock" any sites from my filter for entertainment purposes for 1 week. starting tonight.	Anonymous
I will bli neder not answer back to my parents this week	Anonymous
I will bli neder not be busy with non work related things while at work	Anonymous
I will bli neder not browse google	Anonymous
I will bli neder not check my email more than once a day for 1 week (to start)	Anonymous
I will bli neder not check my messages before i daven for a week	Anonymous
I will bli neder not check my personal email during work hours	anonymous
I will bli neder not check my texts before davening for this week	Anonymous
I will bli neder not check my texts before I daven in the morning for one week	Anonymous
I will bli neder not check yeshivah world or any news sites for 2 weeks	anonymous
I will bli neder not complain to my husband for a week	Anonymous
I will bli neder not contradict my parents this week.	Anonymous
I will bli neder not do anything else when I say brachos for a week	Anonymous
I will bli neder not do anything else while davening brachos and try to concentrate fully on the words for the next week	Anonymous
i will bli neder not do anything while davening	anonymous
I will bli neder not do non-work related things on the internet for the first hour of the day for the next month	anonymous
I will bli neder not eat before saying Brochos I will bli neder not eat or dripk before dayoning braches in the marning for a week (and benefully langer)	Anonymous
I will bli neder not eat or drink before davening brachos in the morning for a week (and hopefully longer)	Anonymous
I will bli neder not get out of bed before washing negel vasser for one week	Anonymous
I will bli neder not go on my phone till after davening for one week iyh	Anonymous
I will bli neder not go on social media for one week. hopefully longer	Anonymous Thanx!
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 had things for this week ex	
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 ex I will bli neder not go on twitter for the next three days im yirtzah Hashem	Anonymous
I will bli neder not go on youtube (except for music) for the next 3 weeks.	
I will bill fleder flot go off youtube (except for fitusic) for the flext 3 weeks.	Anonymous

Tuill bli nadar net as an usutube for the pout week	Appropriate
I will bli neder not go on youtube for the next week.	Anonymous
I will bli neder not go on youtube today.	Anonymous
I will bli neder not go onto Ted.com tonight	Anonymous
I will bli neder not go out of my bedroom without wearing socks and a robe for 2 weeks	anonymous
I will bli neder not interrupt someone once a day	anonymous
I will Bli neder not lay down for a nap shabbos afternoon until I have davened mussaf and mincha-for the next 3	
shabbosos	anonymous
I will bli neder not leave my bedroom without knee socks/tights	
I will Bli neder not leave my room without a skirt once im ready for bed for 2 days and hopefully continue.	anonymous
I will bli neder not leave my room without socks for 2 weeks	Anonymous
I will bli neder not leave my room without socks for the next two weeks when anyone in the house is up.	cg
I will bli neder not leave the room ate in until have said a bracha acharona for at least ths week	Anonymous
I will Bli Neder not look at a certain website until Purim	anonymous
I will Bli neder not look at and unlock any videos today at work	Anonymous
I will bli neder not look at anything inappropriate on my phone	Anonymous
I will bli neder not look at internet from 4:30 to 5:00	M.G thank you!
I will bli neder not look at my computer for 1 hour every day for the next week	Anonymous
I will Bli neder not look at my email from my phone this week.	Anonymous
I will bli neder not look at my emails from 4:00 pm- 7:30 pm for one week	Anonymous
I will bli neder not look at my mothers phone without permission for a week	Anonymous
I will bli neder not look at my personal email during work other than my lunchbreak for one week	anonymous
I will bli neder not look at my phone before i say brachos.	Anonymous
I will bli neder not look at my phone before washing negel vasser	anonymous
I will bli neder not look at my phone from 5-7:30 and focus on giving my kids more attention starting today as long as it lasts	Anonymous
I will bli neder not look at my phone from 6-7 each day.	Anonymous
i will bli neder not look at my phone till i say berachos this week	Anonymous
I will bli neder not make any comments when my husband does something I would like him to do differently in the hous	
I will bli neder not nudge my husband to get to bed earlier all week	anonymous
I will bli neder not open any apps or messages on my phone for the next 3 days, until I wash negel vasser	anonymous
I will bli neder not open Instagram for the month of Adar	Anonymous
I will bli neder not open my i pad in the morning until i have davened berochos! for one week & hopefully always!	anonymous
I will bli neder not open new sites this week	anonymous
I will bli neder not open social media before I get out of bed in the morning for one week (hopefully longer)	anonymous
I will bli neder not open the computer tomorrow morning before saying birchas hashachar inside and eating something.	anonymous
I will bli neder not open the Lakewood Scoop until the Shabbos after Purim.	anonymous
I will bli neder not open you tube this week IYH	Anonymous
I will bli neder not play online games for a week	Anonymous
I will bli neder not play solitaire instead of doing work starting today, until (and including) this Friday the 12th	Anonymous
I will bli neder not pull off lipskins on shabbos for a month	Anonymous
I will bli neder not put any makeup on this Shabbos	anonymous
I will bli neder not put up a wash before I Daven until pesach	anonymous
I will bli neder not raise my voice at all tomorrow	Anonymous
I will Bli Neder not read magazines or novels on shabbos	anonymous
i will bli neder not read non-jewish themed books on shabbos	Anonymous
I will bli neder not say lashon hara about any student without tachlis for a week.	Anonymous
I will Bli Neder not scream at my siblings in the morning for this week	anonymous
I will bli neder not scream at the people who are making noise while I'm sleeping	STC

Tuill bli naday pak akan antina uskan musalé	Annumous
I will bli neder not shop online when myself	Anonymous
i will bli neder not shout at my kids tomorrow i will bli neder not talk back to my mom 1 time a day till the end of the week	Anonymous Anonymous
i will bli neder not talk inappropriatly for one day	Anonymous
I will bli neder not talk lashon hara about my parents to my siblings	Anonymous
i will bli neder not talk on the phone before I daven for the next week	Anonymous
I will Bli neder not touch cut my nails on this Shabbos	anonymous
i will bli neder not touch my computer this week from 4-8 PM when my kids are around	Anonymous
I will bli neder not touch my phone before I wash negel vasser in the morning for 40 days iyh. (besides turning off my	Allohymous
alarm)	Anonymous
I will bli neder not touch my phone (aside from shutting my alarm) before washing my hands in the morning for one we	
I will bli neder not touch my phone before I wash negel vasser in the morning for 2 weeks jyh.	Anonymous
I will bli neder not touch my phone before washing my hands in the morning for one week though hope to keep it up	Anonymous
I will bli neder not touch my phone before washing my hands in the morning. For one week though hoping to keep it up	cdu
I will bli neder not touch my phone before washing my hands in the morning. For one week though hoping to keep it up	Anonymous
I will bli neder not touch my phone before washing negel vasser for one week	rr
I will bli neder not touch my phone in the morning before I wash my hands for one week (aside to shut the alarm).	Anonymous
I will bli neder not touch my phone in the morning before I wash my hands for one week and Bezras Hashem for longer	
(aside to shut the alarm).	FRG
I will bli neder not touch my phone in the morning before I wash my hands for one week and Bezras Hashem for longer	
(aside to shut the alarm).	Anonymous
I will bli neder not touch my phone in the morning before I wash my hands for one week and Bezras Hashem for longer	Amenymous
(aside to shut the alarm).	Anonymous
I will bli neder not touch my phone in the morning before I wash my hands for one week and Bezras Hashem for longer (aside to shut the alarm).	Anonymous
I will bli neder not touch my phone until I wash negel vaaser	Anonymous
I will bli neder not touch my phone until I wash negel vaaser	Anonymous
I will bli neder not touch my phone when I daven	Anonymous
I will bli neder not turn off my alarm clock without washing negel vasser	anonymous
I will bli neder not turn on my computer before I daven this week.	Anonymous
I will bli neder not turn on my computer before I daven this week.	Anonymous
I will bli neder not turn on the computer before davening for a week (hopefully longer).	Anonymous
I will bli neder not turn on the computer before davening for one week.	Anonymous
i will bli neder not unblock my filter for entertainment purposes from today till next Thursday	Anonymous
i will bli neder not unblock my filter for entertainment purposes from today till next Tuesday	Anonymous
I will bli neder not use my phone on the street for speaking and texting until Shabbos (and hopefully forever!!!)	anonymous
I will bli neder not walk around for a week with shorts around my house	Anonymous
i will bli neder not walk around when i say aleinu for one week, stay in one place	Anonymous
i will bli neder not walk around when i say aleinu for one week, stay in one place	Anonymous
I will bli neder not walk in my house in my pajama pants and put on skirt before I leave my room	sa
I will bli Neder not walk out of my room in pajamas this week.	
I will bli neder not watch anything for one week	Anonymous
I will bli neder not wear my shaitel for the next month	Anonymous
I will bli neder only get dressed in the bathroom for one week	anonymous
i will bli neder only go onto my i phone 3 times a day for the next 2 weeks	Anonymous
I will bli neder only make a bracha while sitting the next 3 days.	Anonymous
I will bli neder only read Jewish books this week	Anonymous
I will bli neder only say a bracha when sitting i will try to start for a week and hope to continue	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, an	
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	Approximation
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 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	Approximation
	Anonymous
i will bli neder prepare negal vasser next to my bed i will bli neder prepare negal vasser next to my bed	Anonymous Anonymous
I will bli neder prepare negel vasser for the next two weeks	Anonymous
I will bli neder prepare negel vasser for the next two weeks 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.	
I will bli neder prepare the fleishik veg and boil eggs for Shabbos on Thursday nights for the next 4 Shabbosos when wit	anonymous
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 if 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 bitting 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	t rAnonymous
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 2 prakim of tehilim after Shacharis everyday for one week. Anonymous I will bli neder say a bracha achrona with more kavana, while looking into a bencher for a week and try to continue. anonymous I will bli neder say a bracha in the morning with extra kavanah this week Anonymous I will bli neder say a perek of Tehhilim a day for the next week Anonymous i will bli neder say a perek of Tehhilim when i get into the car in the morning for the next week Anonymous I will Bli neder say a perek of Tehillim a day until I finish Sefer Tehillim. Anonymous I will bli neder say al hamichya from a bencher for one week Anonymous I will bli neder say al hamichya from a bentcher once a day for a week (and hopefully longer) Anonymous I will bli neder say al hamichya from a bentcher once a day for a week (and hopefully longer) Esther I will bli neder say al hamichya from a card/siddur for the next week Anonymous I will bli neder say al hamichya/birchas hamazon from a siddur for a week I will bli neder say al hamichyah from a bencher for a week Anonymous i will bli neder say aleinu standing in one place and not doing anything else for this week and hopefully for life IYH anonymous I will Bli Neder say Amein to someone's brachos in the morning anonymous I will bli neder say an extra perek tehillim each day this week Anonymous I will bli neder say any maamin bevias hamoshiach every day until Purim. I will bli neder say ashar yatzar at least once a day with kavana for a week and bli neder to continue Anonymous I will bli neder say asher yatsar with kavana Anonymous I will bli neder say asher vatzar from a card Anonymous I will bli neder say Asher Yatzar from a card/siddur & standing in place for the next week. Batia I will bli neder say Asher Yatzar from a card/siddur at least once a day for the next week. Anonymous I will bli neder say asher yatzar from text once a day for the next week anonymous I will bli neder say asher yatzar inside for a week Anonymous I will bli neder say Asher vatzar inside for two weeks Anonymous I will bli neder say Asher Yatzar looking inside and standing in one place for a week. I will bli neder say asher yatzar once a day standing in one place for the next week. Anonymous I will bli neder say asher yatzar once a day standing in one place for the next week. i will bli neder say asher yatzar once a day standing in one place for the next week. Anonymous I will bli neder say asher yatzar once a day standing in one place for the next week. anonymous I will bli neder say asher vatzar once a day with kayanah for a week I will bli neder say asher yatzar out loud and slowly for one week. Anonymous I will bli neder say Asher Yatzar standing in one place I will bli neder say asher yatzar standing in one place and inside for a week (hopefully longer!) Anonymous i will bli neder say asher yatzar standing in one place and looking inside for one week Anonymous I will bli neder say Asher Yatzar standing in one place for a week. Anonymous I will bli neder say Asher Yatzar standing in one place for one week. Anonymous i will bli neder say asher yatzar standing in one place for the rest of this week Anonymous I will bli neder say asher yatzar standing in one place for this week Anonymous I will bli neder say asher yatzar standing in one place for this week I will bli neder say Asher Yatzar standing in place. Anonymous I will bli neder say Asher Yatzar standing in place. Anonymous i will bli neder say asher vatzar standing still and with kayanah Anonymous I will bli neder say asher yatzar while in one place once a day I will bli neder say asher yatzar while standing in one place for the next 3 days. Anonymous I will bli neder say asher yatzar while standing in one place for the rest of this week Anonymous I will bli neder say asher yatzar while standing in place for 1 week Anonymous I will bli neder say asher yatzar with extra kavana this week Anonymous I Will bli neder say Asher Yatzar with kavana Anonymous

I will bli neder say Asher yatzar with kavana 1 time a day (standing in place) for 1 week.	Anonymous
I will bli neder say asher yatzar with kavana for a full week	Anonymous
i will Bli neder say Asher Yatzar with Kavana for a week	Anonymous
I will bli neder say asher yatzar with kayana once a day for a week	anonymous
I will Bli Neder Say Asher yatzar with Kavana while standing still at least twice a day for a week. (hopefully longer:))	Anonymous
I will bli neder say Asher Yatzar with Kavana, standing in place for a month	anonymous
I will Bli neder say asher yatzar with kavanah	anonymous
I will bli neder say asher yatzar with kavanah for a week	anonymous
I will bli neder say Asher yatzar with kavanah while reading the words one time per day for the next week	anonymous
i will bli neder say asher yatzar with more kavana and try and think about what i'm saying	Anonymous
I will bli neder say asher yatzar with more kavana this week	anonymous
I will bli neder say Asher Yatzar with more kavana while standing in one place for one week.	Anonymous
I will Bli Neder say Asher Yatzar with more Kavanah for a week.	Anonymous
I will bli neder say Asher Yatzar with more Kavanah this week	Anonymous
I will bli neder say Asher Yatzar with more Kavanah this week	Anonymous
I will bli neder say asher yatzer from a sign and with kavanah once a day for a week	Anonymous
I will bli neder say asher yatzer standing in one place for a week	Anonymous
I will bli neder say Asher Yatzer standing in one place for this week	Anonymous
I will bli neder say asher yatzer standing in one place, reading from a card.	Anonymous
I will bli neder say asher yatzer standing in one place.	Anonymous
I will bli neder say asher yatzer with kavana standing in 1 spot	Anonymous
I will bli neder say Asher Yatzer with more Kavana	Appromous
I will bli neder say asher yatzhar inside for a week	Anonymous
I Will bli neder say asher yotsar inside at least twice a day for a week	Anonymous
I will bli noder say Asher Vetzar in one place at least once a day, for a week	Ecti
I will bli neder say Asher Yotzar in one place, at least once a day, for a week	Esti
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks	anonymous
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week	anonymous Anonymous
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week	anonymous Anonymous Anonymous
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place	anonymous Anonymous Anonymous anonymous
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place I will bli neder say at least Brachos every morning for the next week.	anonymous Anonymous Anonymous anonymous chan
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least Brachos every morning for the next week.	anonymous Anonymous Anonymous anonymous chan Anonymous
I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least one kapitel of tehillim every night for cholei yisroel	anonymous Anonymous Anonymous anonymous chan Anonymous Anonymous
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I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least one kapitel of tehillim every night for cholei yisroel I will bli neder say benching from a bencher for 4 weeks I will bli neder say Berachos before I start working for the next week	anonymous Anonymous Anonymous anonymous chan Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous
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I will Bli Neder say Asher yotzar once a day, reading it from a text for two weeks I will bli neder say asher yotzer standing in one place twice a day for the next week I will bli neder say asher yutzar from a siddur for one week I will Bli Neder say asher yutzar standing in one place I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least Brachos every morning for the next week. I will bli neder say at least one kapitel of tehillim every night for cholei yisroel I will bli neder say benching from a bencher for 4 weeks I will bli neder say berachos before I start working for the next week I will bli neder say berachos before turning on the computer for a full week. I will bli neder say berachos before turning on the computer for a full week. I will bli neder say berachot on food clearly and with kavana, this week, and especially not mumbled while on the phone I will bli neder say birchas hamazon from inside a bentcher for one week I will bli neder say birchas hashachar before eating for the next week I will bli neder say birchas hashachar from a siddur this week (hopefuly longer) I will bli neder say birchas hashachar from a siddur until purim I will bli neder say birchas hashachar from a siddur with kavanah for one week. I will bli neder say birchas hashachar from a siddur with kavanah for one week. I will bli neder say birchas hashachar from a siddur with kavanah for one week.	anonymous Anonymous Anonymous chan Anonymous

I will Bli neder say birchas hatorah from inside before eating anything for as long as i can and take inspiration from man other ideas	Anonymous
I will bli neder say birchos hashachar completely from a siddur for the next three days	Anonymous
I will bli neder say birchos hashachar completely from a siddur for the next week	Anonymous
I will bli neder say birchos hashachar ftom a Siddur for one week	Anonymous
I will bli neder say birchos hashachar this week from a siddur	Anonymous
I will bli neder say birchos hashachar with kavana this week	anonymous
I will bli neder say birchos hashachar, without doing anything else at the same time every morning	anonymous
I will bli neder say birkas hamazon before getting up from the table	Anonymous
I will bli neder say Borei Mina Mezonos sitting for this week	anonymous
I will bli neder say bracha rishona with kavana	anonymous
I will bli neder say brachos and krias shema until purim	Anonymous
I will Bli neder say brachos before 10:00 am for the next three days (hopefully longer)	Anonymous
I will bli neder say brachos before turning on my computer this week.	Anonymous
I will bli neder say brachos before turning on my computer this week.	Anonymous
I will bli neder say brachos from a siddur for a week	Anonymous
I will bli neder say brachos from a siddur for the next week	Anonymous
I will bli neder say brachos from a siddur for the next week.	Anonymous
I will bli neder say brachos from a siddur in the morning	anonymous
I will bli neder say brachos from a siddur the whole next week	Anonymous
i will bli neder say brachos from inside this week	Anonymous
I will bli neder say brachos in the morning and ani maamin from a siddur for a week	anonymous
I will Bli neder say brachos in the morning looking in before going to work for a week	anonymous
I will bli neder say brachos sitting for a week (hoping to continue).	Anonymous
I will bli neder say brachos sitting for a week (hoping to continue).	Anonymous
I will bli neder say brachos sitting for the next week	Anonymous
I will bli neder say Brachos this week before eating breakfast and not while doing s/t else	Anonymous
I will bli neder say brachos with kavana for 1 week	Anonymous
I Will bli neder say brachos with out preparing breakfast for the next week.	Anonymous
I will bli neder say brachos, karbanos and kitores from a siddur this week (and not do by heart rushing out the door)	Dina Friedman
I will bli neder say brochos from a siddur for one week	Anonymous
I will Bli Neder say bruchos from inside every morningi	anonymous
I will bli neder say full bircas hashachar for the next 3 days (or longer)	Anonymous
I will bli neder say gam zu letovah instead of getting upset for the next week iyH	Anonymous
I will bli neder say igeres haramban every morning for two weeks	Anonymous
I will bli neder say kabalas shabbos before falling asleep on Friday nights :)	Anonymous
i will bli neder say kabalas shabbos this week	Anonymous
I will bli neder say kabbalas shabbos this week, hoping to continue iyH	Anonymous
I will bli neder say kriah shema al hamita from a siddur for the next two weeks	Anonymous
I will bli neder say kriah shema before going to bed from a siddur	Anonymous
I will bli neder say kriah shema before going to bed from a siddur	Anonymous
I will bli neder say kriah shema before going to bed from a siddur for two weeks	Anonymous
I will bli neder say krias shem al Hamita from a siddur this week	anonymous
I will bli neder say krias shema al hamita from a siddur	Anonymous
I will bli neder say Krias Shema at night from a siddur for one week	Anonymous
I will bli neder say Krias Shema at night from a siddur for one week	Anonymous
I will bli neder say krias shema at night from a siddur for one week	Anonymous
I will bli neder say krias shema at night from a siddur for one 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 moden ani with kavanan tor timee days (and hoperuny forevers)	anonymous
I will bli neder say model an with more kavarian this week 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	Allonymous
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 loooking 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
This bit feeds out the brachos hashacian load to help the dillik of the words for a week.	, anonymous

I will bli neder say the brocha of Shehakol slowly and with kavana for the next week and bli neder continue.	Anonymous
I will bli neder say the brocha of shehakol with Kavanah for one week	Anonymous
I will bli neder say the entire krias shema for one week	Anonymous
I will Bli Neder say the first paragraph of Shema with kavana for this week	anonymous
I will Bli neder say the full krias shma al hamita from my phone (as opposed to by heart)	anonymous
I will bli neder say the full shema from a siddur every night for a week	Anonymous
I will bli neder say the morning berachos from a siddur or card for the rest of the week (and hopefully continue)	Anonymous
I will bli neder say the Shlema with more kavanah	anonymous
I will bli neder say the standing Brachos with kavana for a week	Anonymous
I will bli neder say the whole shema from a shema card for a week	Anonymous
I will bli neder say two prakim of tehillim after Shacharis for two weeks	Anonymous
I will bli neder say with kavana asher yatzar and thank Hashem for my health and the the health of my husband and	
children this week starting tonight	Anonymous
I will bli neder say אשר יצר inside for two weeks	Anonymous
I will bli neder say אשר יצר inside for two weeks	Anonymous
I will bli neder say אשר יצר standing still for the next week	Anonymous
i will bli neder say ברכת המזון from the bircon for the next week	Anonymous
i will bli neder say על המחי from inside!	anonymous
I will bli neder saying brachos from a siddur before eating this week	Anonymous
I will bli neder schedule in a set time on my calendar to daven shacharis for a week (excluding shabbos and Sunday	
when I dont look at my google calendar)	Anonymous
I will bli neder send my kids off to school calmly each morning this week	Anonymous
I will bli neder set my alarm for 6:30 AM to daven w/kavanah	
I will Bli neder set the table for Shabbos on Thursday night	Anonymous
I will bli neder shut down my phone and laptop before 11pm this week & head to bed so that I am able to wake up to	
daven neitz	Sarit Rubenstein
daven neitz I will bli neder sign out of my emails at 12 this week	anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food.	anonymous RK. Wow this is Fantastic!!
daven neitz I will bli neder sign out of my emails at 12 this week	anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos	anonymous RK. Wow this is Fantastic!!
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach)	anonymous RK. Wow this is Fantastic!! anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos	anonymous RK. Wow this is Fantastic!! anonymous Anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week	anonymous RK. Wow this is Fantastic!! anonymous Anonymous Anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week.	anonymous RK. Wow this is Fantastic!! anonymous Anonymous Anonymous Anonymous Anonymous
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daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place for asher yatzar	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place to say Asher yotzar for a week	anonymous RK. Wow this is Fantastic!! anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place to say Asher yotzar for a week	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place when saying Aleinu by Mincha for one month	anonymous RK. Wow this is Fantastic!! anonymous
I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place when saying Aleinu by Mincha for one month I will bli neder stand in one place when saying Aleinu by Mincha for one month	anonymous RK. Wow this is Fantastic!! anonymous
daven neitz I will bli neder sign out of my emails at 12 this week I will bli neder sit down when saying a brachah on food. I will bli neder sit down when saying brachos until and including shabbos I will bli neder sit down while saying Brachos I will bli neder sit down while saying Brachos (untill Pesach) I will bli neder sit down while saying Brachos for one week. I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile and not complain for a minute when my husband comes in till the end of the week I will bli neder smile at my husband when he walks in the door this week. I will bli neder smile extra to my husband every day this week I will bli neder smile when my husband comes in and not complain for the first 10 minutes for a week I will bli neder speak more gently with my husband I will bli neder stand in one place during Aleinu for one week I will bli neder stand in one place for Aleinu by mincha for the next week I will bli neder stand in one place to say Asher yotzar for a week I will bli neder stand in one place when saying Aleinu by Mincha for one month I will bli neder stand in one place when saying Aleinu by Mincha for one month I will bli neder stand in one place when saying Aleinu by Mincha for one month I will bli neder stand in one place when saying Asher Yatzer for one week I will bli neder stand in one place when saying Asher Yatzer for one week	anonymous RK. Wow this is Fantastic!! anonymous

I will bli neder stand in place when saying aleinu for 2 weeks	Anonymous
I will bli neder stand in place when saying diema for 2 weeks 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 this week.	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 siblings 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
S See State in the first of the feet of the first week	

Turill bli modern khandu Hankern faru khinga engh day.	
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	7.110117111043
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 loshen 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
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	,

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 lunc	1
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 I'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 onece 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 Tovu 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 I will bli neder try to daven brachos for the next week	anonymous
I will bli neder try to daven brachos for the next week 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 the next 2 weeks.	Anonymous 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 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.	
I will bit fleder try to flave extra kavalla when making a sheriakoi on my morning conee for flext 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 o	:hildren, bendirAnonymous
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 filAnonymous
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 af	terward 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 husbar	nd/children
comes in	Anonymous
I will bli neder try to refrain from going on any websites that are uneccesary 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	
,	•
I will bli neder try to remember not to speak English when there are others on the same bench etc that do	not
I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language	not Anonymous
I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa	not Anonymous ys try to be
I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa encouraging, friendly and nice	Anonymous ys try to be Anonymous
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I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa encouraging, friendly and nice 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 S snatcher I will bli neder try to say 'Asher Yatzar' three times a day with kavana, for the next two weeks I will bli neder try to say "Al Hamichya" with extra kavana for one week. I will Bli Neder try to say a perek of tehillim before walking into my door from work, to stay cool, calm and throughout the afternoon	Anonymous ys try to be Anonymous habbos Anonymous anonymous Anonymous collected anonymous
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I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa encouraging, friendly and nice 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 S snatcher I will bli neder try to say 'Asher Yatzar' three times a day with kavana, for the next two weeks I will bli neder try to say "Al Hamichya" with extra kavana for one week. I will Bli Neder try to say a perek of tehillim before walking into my door from work, to stay cool, calm and throughout the afternoon I will bli neder try to say al hamichia inside when I am home for as long as I can. I will bli neder try to say al hamichya sitting and from a siddur for one week I will bli neder try to say alienu standing in one Place for the next week	Anonymous ys try to be Anonymous habbos Anonymous anonymous Anonymous collected anonymous Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous
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I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa encouraging, friendly and nice 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 S snatcher I will bli neder try to say 'Asher Yatzar' three times a day with kavana, for the next two weeks I will bli neder try to say "Al Hamichya" with extra kavana for one week. I will Bli Neder try to say a perek of tehillim before walking into my door from work, to stay cool, calm and throughout the afternoon I will bli neder try to say al hamichia inside when I am home for as long as I can. I will bli neder try to say al hamichya sitting and from a siddur for one week I will bli neder try to say alienu standing in one Place for the next week I will bli neder try to say all brochos out loud for the next three days and make sure someone answers ame I will bli neder try to say asher yatzar after going to bathroom for one week and then try longer so it become	Anonymous ys try to be Anonymous habbos Anonymous Anonym
I will bli neder try to remember not to speak English when there are others on the same bench etc that do understand the language I will bli neder try to remember that we can never know what difficulty another is experiencing and so alwa encouraging, friendly and nice 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 S snatcher I will bli neder try to say 'Asher Yatzar' three times a day with kavana, for the next two weeks I will bli neder try to say "Al Hamichya" with extra kavana for one week. I will Bli Neder try to say a perek of tehillim before walking into my door from work, to stay cool, calm and throughout the afternoon I will bli neder try to say al hamichia inside when I am home for as long as I can. I will bli neder try to say al hamichya sitting and from a siddur for one week I will bli neder try to say allenu standing in one Place for the next week I will bli neder try to say all brochos out loud for the next three days and make sure someone answers ame	Anonymous ys try to be Anonymous habbos Anonymous anonymous Anonymous Collected 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 Birchas 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 prodeit All With Ravahan for one week 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 shehla tonight before going to sleep I will bli neder try to say tehilim every day this week.	•
	anonymous Anonymous
I will bli neder try to say tehillim 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 tights 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 hopefuly 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 vaser 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	•
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
	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!!	A
	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 Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week	Anonymous Anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week	Anonymous Anonymous Anonymous anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week	Anonymous Anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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	Anonymous Anonymous Anonymous anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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 Anonymous Anonymous anonymous Anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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 I will blin neder say asher yatzar while standing in one place and with the best kavana I can muster, for this week	Anonymous Anonymous Anonymous anonymous Anonymous Anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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 I will blin neder say asher yatzar while standing in one place and with the best kavana I can muster, for this week I will blin neder try to say asher yatzar with kavana, for 1 week	Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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 I will blin neder say asher yatzar while standing in one place and with the best kavana I can muster, for this week I will blin neder try to say asher yatzar with kavana, for 1 week I will blineder daven mincha this week including ashrei and aleinu- hopefully longer!	Anonymous
I will bli-neder smile & greet my husband enthusiastically, when he comes home from Shul in the morning I will blie neder say Asher Yatzar with more kavanaah this week I will blin neder bring in shabbos 10 minutes early this week I will blin neder daaven kabala shabbos this week 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 I will blin neder say asher yatzar while standing in one place and with the best kavana I can muster, for this week I will blin neder try to say asher yatzar with kavana, for 1 week I will blineder daven mincha this week including ashrei and aleinu- hopefully longer! I will Blineder daven mincha today including ashrei and aleinu	Anonymous
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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 bin 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 imamother 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	В
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) i will say krias shema al hamita from a text for one week	Anonymous
·	anonymous
I will say kriyat shema until I'mRosh Chodesh B'N	Anonymous
I will say מודה אני with כונה in the mornings.	anonymous

I will smile and touch each of my children today	Anonymous
I will tell Hashem thank you for one goos thing he did for me today.	Anonymous
I will thank Hashem for three things after brachas,. for a week, bli neder	Anonymous
I will try bli neder to bring in Shabbos earlier until the end of Shovavim	Anonymous
I will try bli neder to say krias shema from a siddur, for the next few days	Anonymous
i will try to be dan lkav zchus more this week	Anonymous
I will try to be more careful to be covered when nursing for this week (even when no one is around)	Anonymous
I will try to Bli Neder learn a bit of hichos shabbos or other Haloches on Shabbos night until we change the clock IYH	Anonymous
I will Try to bn bentch licht ten min early this week	ycr
I will try to bring nagel vasser to my room for the next 3 days	anonymous
I will try to daven birchos hashachar for at least the next few days.	Anonymous
I will try to daven birchos hashachar for at least the next few days.	Anonymous
I will try to daven Minchah with extra kavanah today	anonymous
I will try to give my baby unlimited attention for at least five minutes today and say shema tonight with cavana	anonymous
I will try to have more kavana when making brachos for a week	anonymous
i will try to say asher yotza inside bli neder.	Anonymous
I will try to say at least one kapital tehillim each day for the next week	Anonymous
I will try to say at least one kapital tehillim each day for the next week	Anonymous
I will try to say brachos before eating for one week	Anonymous
i will try to say modeh ani with kavanah	anonymous
I will try to show hakoras hatov to my husband every day in Adar	anonymous
I will try to wear my sheitel by lunch when my husband is home for the next week	Anonymous
I will בלי נדר bring in shabbos 5 minutes early till nos.	Anonymous
I will, bli neder, bring in shabbat 5-10 minutes early every week and extend it 5-10 after the earliest havdala time	Anonymous
I will, bli neder, make sure to say asher yatzar (at least) once a day through this Shabbos.	Anonymous
I willi Bli Neder daven Shmonei Esrei with kavanah - for the next week (at least)	anonymous
I willi bli neder say a Perek of Tehillim each night	Anonymous
I willI bli Neder try to say brachos from a siddur this week	anonymous
I wll bli neder focus on a bracha rishona 3 times a day for a week	Anonymous
I'll bli neder improve on shmiras hata'avos and eat what I'm supposed to this week!	Anonymous
I'll bli neder improve on shmiras hata'avos and eat what I'm supposed to this week!	Anonymous
Iwill bl"n try to say brachos out loud over the next week	Anonymous
My first kabbalah is finished Now I will bli neder encourage my family instead of complaining that we just stopped	•
having internet at home! N: YOU ARE AMAZING!!	anonymous
On stressful moment, I will bli neder say "my day is challenging as opposed to snapping, saying its horrible or I cant"	Anonymous
Say Ani Maamin Bevias Hamashiach with kavanah after I daven	anonymous
Say Ani Maamin Bevias Hamashiach with kavanah after I daven	anonymous
Say Asher yatzar once a day with kavana	anonymous
Take negel vasser to bed one week	Anonymous
Thank H and His children more often	Anonymous
wash negal vasser befor giving breakfast	anonymous
We will bl'n try to wash negel vasser next to our beds until shabbos.	Anonymous
When passing a Yeshiva, Shul, etc., I will b"n thank Hashem for re-opening our Mikomos Tefillah and Torah.	Anonymous
Will bli neder bring in shabbos 10 minutes earlier this week and the next	anonymous
אני מקבלת על עצמי בל"נ לומר "מזמור לתודה" בכל הזדמנות שאפשר.	anonymous
לחייך לבעלי עוד פעם אחת ביום במשך שבוע	<u>ywn</u>
צדקה תציל ממוות.	Anonymous
I will bli neder bring in Shabbos 5 minutes early this week	BY:

I will bli neder say shema looking inside for a week.	YG
I will bli neder be ready to greet my husband when comes home and leaves to kollel - for 1 week	anonymous
i will bli neder try not to walk out my bedroom without a skirt over my PJ	anonymous
I will Bli Neder say Oshar Yotzar staying at 1 place	anonymous
I will bli neder be careful not to miss mincha and to daven it properly this week	anonymous
I will B'N bring in Shabbos at least 5 minutes early for the next 4 weeks	anonymous
Will bli neder say Krias Shema Al Hamita properly for a week	anonymous
I will bli neder accept Shabbos 10 minutes early for the next 2 weeks to start off and hopefully continue for many weeks	
to come	anonymous
I will bli neder leave my room with a tichel	anonymous
I will bli neder say brachos as early as possible after i wake up in the morning until this shabbos.	anonymous
I will bli neder say Brachos from my siddur	anonymous
I will beli neder say brachos before I eat for a week	anonymous
I will bli neder refrain from complaining when my husband comes home and instead stand up and greet him with a smile	-
I will try to say birchos hashachar with kavana before I have my coffee in the morning	anonymous
I will bli neder remind myself at least once a day for the next week that happiness is a choice no matter the situation.	anonymous
I will bli neder say birches hashachor as early as possible after waking up	anonymous
I will bli neder have כונה when saying a Bracha out loud at least once a day for the next week	anonymous
I will beh not waist time on my tablet more then i need to	anonymous
I will b"n do 15 minutes of housework before I open my computer this week	anonymous
I will, bli neder, take in Shabbos at least 5 minutes early this week. It's a hard one for me!	anonymous
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