

"The Positivity Game"

Are you up for the Challenge?

Here's a great game that requires no props and you can play it silently in your own mind. The benefits of playing are amazing and it's also a lot of fun.

Beginner Level

Step 1 - Pick any situation, person, or object that comes to mind,

Step 2 - Give your mind free-reign to exaggerate, be a little "wild" and "out of the box" and even a little ridiculous (in a fun way- as you'll see),

Step 3 - Start thinking only positive things about whatever you have chosen, once you get warmed up try to be as outrageously positive as you can possibly be!

Advanced Level

Follow the steps above, only this time pick a situation, person or thing that you REALLY DON'T LIKE! The more they get on your nerves the better.

Here are some examples taken out of davening in shul:

- 1) You're in a shul where it's very hot and uncomfortable,
- 2) Someone's davening too loud/kids are running around and it's really disturbing,
- 3) The chazzan is rushing through the davening like he has a train to catch, he's singing tunes you don't like and he has a lousy voice!

LET THE GAME BEGIN....

"This is the most beautiful shul I've ever been to in my life! This is the highest davening ever! I bet that loud guy is one of those hidden L"Vnicks (36 tzaddikim), he's such a hidden tzaddik even he doesn't know it! This chazzan has the sweetest voice ever! This must be what it was like davening in the Beis Hamidash, listening to the Levi'im singing! So Holy! I am so happy I came to this shul! It's such a gift, such a privilege! This heat is such a kaporah! The noise, all these little kids running around, it's so alive, so full of life and energy.....!!!!!! I love it! I wish I could

daven here everyday of my life! It's such a privilege to be Jewish! It's such a privilege to be alive!

Sound a little too flaky? Don't criticize it until you try it out. The bottom line is - IT WORKS!!

Even if you take the most unpleasant situation- if you really allow yourself to let go- there will come a time when you will open up and start to connect and viola! everything you are saying to yourself actually starts to FEEL TRUE! Just keep on repeating it. When you get there- you will know you have arrived and it WILL feel great!

(It's also a great game to play in the car with your kids or around the Shabbas table. Sure beats boredom, complaining and eating yourself up!)

Up for the Challenge?

Positiviews