



Mishkan Tefilah: A Reform Siddur

<https://www.ccarnet.org/publications/mishkan-tfilah-weekdays-shabbat-festivals/>

Morning Blessings: Pages 36, 38, 40

Modeh Ani: Page 24

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— **Albert Einstein**

“Our goal should be to live life in radical amazement.get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.”

— **Abraham Joshua Heschel**

What is mindfulness?

Mindfulness is the ability to be fully present in the moment — can have numerous benefits, everything from decreased stress and sadness to increased levels focus and happiness.