

# Rabbi Pliskin's Daily Mind Builder

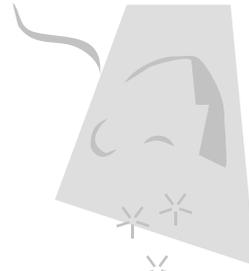
pocket, cut-out version

By Rabbi Zelig Pliskin

Brief meditations that  
can have a profound  
impact on your life

## Daily Mind Builder

1. God is before me at all times.
2. Nothing else exists besides the Almighty.
3. I love God, my Father, my King, Creator and Sustainer of the universe.
4. God loves each person more than each person loves himself.
5. I am constantly grateful for all the good in my life.
6. I will constantly communicate with myself in positive ways.
7. I am grateful for each moment of life.
8. I am grateful for each and every breath.
9. I am grateful for being able to see.
10. I am grateful for being able to hear.
11. I am grateful for being able to talk.
12. I am grateful for being able to walk.
13. I will grow and upgrade myself with every occurrence and situation.
14. I will consistently find positive reframes.
15. Every human being is created in the image of the Creator and I have deep respect for each and every person.
16. I have unconditional love for people.



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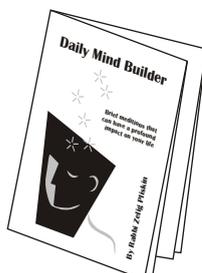
Wisdom for living

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17. I love to do as much kindness as I can.
18. I will see the good in each person I meet.
19. I will say and do what I can to bring out the best in each person I meet.
20. I will say words of encouragement to everyone I can.
21. I will experience a strong sense of courage and empowerment.
22. I will imagine the most courageous and empowered people who ever lived, and I will learn from their thoughts and actions to be more and more courageous and empowered.
23. I will learn from each person I meet.
24. Every experience gives me greater self-knowledge.
25. I will remember my strengths and I will apply them in more and more situations.
26. I will visualize myself being the way I wish to be.
27. I will greet people cheerfully.
28. I will consistently see myself being joyful, kind, courageous, patient, serene, and enthusiastic. Every time I am this way, these qualities become stronger and stronger, now and always.

2. Fold in half



3. Fold in half again

1. Cut out in one piece