

# PRINTER READY

## Instructions:

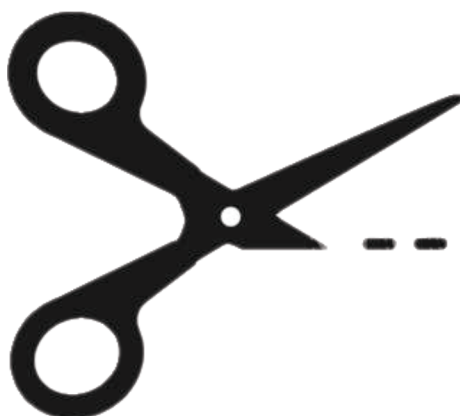
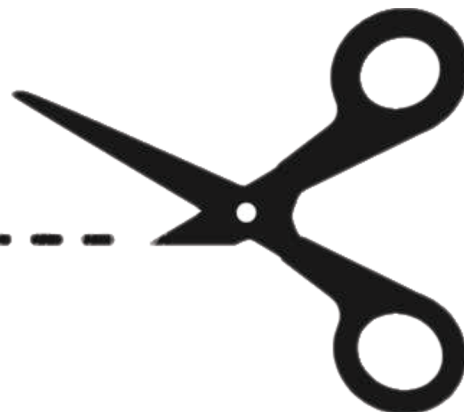
Print this page on a colour printer

Neatly cut the cards out

Glue them back to back

Take the card to the nearest photo shop and get them to laminate it for you.

The dimensions of the card allow it to fit perfectly in any wallet



1. Prayer for Hitbodedut
2. Thanking Hashem
3. Pray for Israel & the people of the world
4. Pray for Spiritual Growth
5. Teshuvah & Self-evaluation today only  
Confess and ask for forgiveness, have true regret & ask Hashem to help you never to repeat it.
6. Pray for all your needs & General discussion
7. Self-improvement  
(work on 1 character trait or bad habit at a time)
8. Thank Hashem for the session and ask that He help you to do Hitbodedut again tomorrow