

ARKY'S MISSIONS FOR YOU:

Inspiration from actual missions in Gaza

I look forward
to hearing
"Mission
Accomplished!"
Arky



1

"Your Mental Strength is Your Ammunition"

MISSION: Maintain and improve your mental health

TIME: Total 1 hour per week

EXAMPLES: Therapy, mindfulness, yoga, meditation, etc.

3

Develop Your Relationship with Hashem

MISSION: Using your own language, speak directly to Hashem.

TIME: Total 1 hour per week

4

Strengthen Family Bonds

MISSION: One-on-one time with children/family member. They choose the activity.

TIME: 30 minutes per week, per child

2

Become Physically Strong and Healthy

MISSION: Exercise. Eat healthy.

TIME: 2 hours (min.) per week

5

Create Your Own Mission:

CONTACT/FOLLOW FOR MORE: www.ArkysMissions.com

