

Don't Gossip

3 things we know about gossip

1. It's fun.
2. It's not a very nice thing to do.
3. Like a big piece of chocolate cake we feel bad after indulging even though we enjoyed it at the time.
4. The Zohar states that every word, good or bad, that comes out of our mouth remains eternal.

Make a commitment: Stop Gossiping & Stop listening to Gossip

CHALLENGE: Do this for 2 weeks.

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