

Commitment Sheet for Gift of Chatzos

Are you ready to be a chatzozer? Fill this out and put away until a set time - a month, year, etc.... When you're ready to take the next step, fill out another one!

GiftofChatzos.com | ([@giftofchatzos](https://www.instagram.com/giftofchatzos))



1. What is your greatest challenge in relation to Shabbos preparation?

2. What would make things calmer/better in your life re: Shabbos prep?

3. What are you committing to work on as a Chatzozer?

Commitments from other Chatzosers:

“I stick to my Chatzos routine: Menu plan Sunday and buy whatever won't spoil. Buy meat and poultry Wednesday, prep everything Thursday, throw stuff in the oven/stove and put up cholent Friday.”

“I don't add anything new Friday afternoon. No taking out mixers, no new recipes. The yetzer hara tries to tempt me but I tell it to take a long walk off a short pier.”

“No shopping on Friday, ever. If we don't have an ingredient, we make do without it.”

“I do something every day for Shabbos to psych myself up and enhance the joy. Like looking forward to and planning for a future vacation, it gives me a chance to build anticipation as opposed to finding out at the last minute and rushing to go. It also increases my respect for Shabbos.”

“I took the first step toward Chatzos Shabbos by starting my prep earlier in the week - now our Fridays are so much more relaxed.”

“I committed to closing my business at Chatzos on Fridays. You're not going to lose by taking steps like this, you'll only gain.”

“I start my physical preparations earlier now that I work toward Chatzos, and also spiritual preparations. I bought some new books about Shabbos and read parts of them throughout the week.”

“No matter what my week looks like, I prep my veggies Wednesday and cook and set the Shabbos table Thursday.”

“My kids love that we start prep earlier now, and I save special crafts or small art projects that we do in that calm space on Friday afternoon. They're motivated to help so we can all enjoy fun time together.”