

**Beyond Shehecheyanu: Ten Innovative Firsts that Deserve to Be Observed**

You probably already recognize the birth of a first child, a first night of a holiday and the first day of school. Here are ten new firsts worthy of noticing, celebrating, and continuing:

- 1) The first time you leave your iPhone or Blackberry at home when you go on vacation, or even out for dinner.
- 2) The first time you fit into the pants that were too tight for you, after weeks or months of exercise and healthy eating.
- 3) The first time you meet with a therapist after realizing that you could benefit from having a professional to speak to.
- 4) The first time you say “I’m sorry” first – at work and at home.
- 5) The first time you say “no” without feeling guilty.
- 6) The first time that the person you supervise at work accomplishes a major goal.
- 7) The first time your child makes a gift to tzedakah.
- 8) The first time you solicit a philanthropic gift for your organization.
- 9) The first time your spouse or partner remembers to do the thing that feels really important to you (like unloading the dishwasher or packing lunches for the next day).
- 10) The first time you entertained guests and truly enjoyed yourself rather than thinking about cleaning up.