

Better Problems / Better Questions Challenge

....for the 7 Days Between Rosh Hashanah and Yom Kippur

Day 1: At the first thought of a problem that bothers you today, ask: Am I sure I understand the problem? What else could this mean?

Day 2: What is it about the problem I am dealing with that offers me an opportunity to serve, to heal or to help? What will I do about it?

Day 3: Is there something in a perceived problem I have that offers me an opportunity that I might have otherwise missed?

Day 4: If I move on from this problem, what are some higher quality problems that feel more like noble challenges that I will be blessed to tackle?

Day 5: Shabbat Shuva: How does Shabbat offer an opportunity to break the addictions and patterns that hold us hostage? What can I let go of for these 25 hours?

Day 6: How can I add more **presence, value and kindness** in my interactions with others today as a way to interface with life and its inevitable problems?

Day 7: How can I make what I learn from books, including Torah, podcasts, articles (and other information sources), more **actionable– being challenged to help others?**

What will happen to your days of teshuva (answers) if you ask these questions – what answers will you come up with?