

Elul 5781



Week 1 Reconnect



Who is the person these days you would most like to reconnect with?

What is the most hopeful thing about the world that has happened in your lifetime?

Who are three people from your whole life you would like to thank for helping you become who you are?

What was a time in your life when you were resilient? Who was with you, where were you, and what did you discover in yourself?

What are five kind things people have done for you this year?

What is the thing that makes you feel the most joyful?

What are three books, movies, plays, or songs that make you feel strong or brave?

Week 2 Review



What is a kindness you did this year for someone, that you want to make sure never to forget you did?

What do you actually, deep down miss the most right now?

What is something someone thanked you for doing this past year?

What is a mitzvah you do that even a pandemic can't stop?

What is the best news story you heard this year?

Who is someone in your life who is really good at giving you the criticism you need?

What are three important things you have learned this year?

Week 3 Renew



What is something bothering you that you think you are ready to let go of in the new year?

Who do you most want forgiveness from right now? What might be the next step?

What is the thing that you did in the past year that you most wish you could do over?

Who is the person you most wish would apologize to you right now? What might be the next step?

What is some feedback about you that you have really taken to heart and worked on this year?

Who is someone you've met whom you'd like to add to your life?

Take a walk and gather rocks to use for Tashlich, to help you get rid of a mistake or a behavior in the new year.

Week 4 Redirect



What person or group do you find yourself most wanting to stand up for these days?

Who is a role model for you of *chesed* (caring, devotion, compassion)?

What is your gift to the world – is it one-to-one, public speaking, writing, logistics, research, or something else?

What are two things you can start doing out of love for a specific person (that person could be yourself)?

What are the next two things you can do to learn more about the cause you care most about?

What is one thing you can stop paying so much attention to in order to focus on the cause you are committed

What is something that gives you hope about the world right now?