

## High Holiday Questionnaire

At the dawn of our nation, the art of questions painted the horizon: Where is the sheep for the sacrifice? If there are 10 righteous people, will the city be saved? The Gemara is predicated on questions, on Pesach we focus on the four questions, thousands of years of responsa; Jew question. It is at the heart of Jewish tradition.

As the *Yamim Noriam* arrive, and in-particular this year, in a world that has been upended, we have more questions than answers. This time of year, begs our attention for self-reflection, introspection and self-actualization. We have been using these questions for ourselves and have been sharing them over the past decade. These questions challenge us to dedicate separate and distinct time to reflection. The High Holy Days season challenges us in our priorities, in our commitments and in our actualization. To question ourselves is to chart out a direction to set the course for what drives us and our values around ourselves, our families, our communities and the world. Creating the space to make time for questions, to ask and reflect, can impact and define who we are.

- 1) When do I most feel that my life is meaningful?
- 2) How often do I express my feelings to those who mean the most to me?
- 3) Are there any ideals I would be willing to die for?
- 4) If I could live my life over, would I change anything?
- 5) What would bring me more happiness than anything else in the world?
- 6) What are my three most significant achievements since last Rosh Hashanah?
- 7) What are the three biggest mistakes I have made since last Rosh Hashanah?
- 8) If I knew I would not fail, what would I undertake to accomplish in life?
- 9) What are my three major goals in life?
  - a. What am I doing to achieve them?
  - b. What practical steps can I take toward these goals?
- 10) If I could give my children only three pieces of advice, what would they be?
- 11) What is the most important decision I need to make this year?
- 12) What important decision did I avoid making last year?
- 13) When do I feel closest to God?
- 14) Do I have a vision of where I want to be one, three and five years from now?
- 15) What are the most important relationships in my life?
  - a. Over the last year did those relationships become closer and deeper or was there a sense of stagnation and drifting?
  - b. What can I do to nurture those relationships this year?
- 16) If I could change one thing about my spiritual life, what would that be?

On a scale of one to five (five being the highest), how important are the following to you? You cannot have more than three fives or three fours, and you must have at least two threes, two twos and two ones.

- 1) Family
- 2) Being well educated
- 3) Making a contribution to my community
- 4) Spirituality
- 5) Being well liked
- 6) Having a good reputation
- 7) Financial success
- 8) Being Jewish
- 9) Personal fulfillment
- 10) Helping other people