

Elul Reflections

1. What are the elements in my life that I'm ready to leave behind this year?

2. What elements are missing from my life that I want to embrace this year?

3. How was I successful this past year?

4. During this month of Elul, what steps do I need to take to prepare for the High Holy days?

5. How will I practice better self-care this year?

6. Who am I going to need to speak with to ask forgiveness?

8. What do I need from the other people to accomplish my goals?

7. What am I going to have to forgive myself for?

9. How can I utilize this time to prepare myself as an individual?

10. How can I this time to prepare myself to be a spiritual leader?

11. What will be my mantra* for the year?

(*a repeatable phrase to reenergize, empower, encourage, and center yourself)