

ELUL

Reflections for Elul

Its that time of year, summer is winding down and Rosh Hashana is around the corner. How can you prepare for one of the holiest days of the year? With some self-reflection.

Every day there is a different question to think about. Discuss with your family, jot down your thoughts in a journal or diary, or just think about it.

Hopefully these questions will help you be ready to start the new year as a new you.

SUN	MON	TUE	WED	THU	FRI	SAT
					What are five things that you are grateful for?	Take a nature walk. What was something beautiful that you saw?
What makes you laugh?	Is there anything you want to be able to do that you can't do right now?	When is a time that you felt powerful?	What does it mean to listen?	What is your most favorite possession?	Is there anything that you have given up on? Why?	Is there something that you want others to know about you?
Does the food you eat change how you feel?	Listen to a song you enjoy. What do you like most about the song?	What was a positive comment that someone told you this week?	Did you smile at someone today? How do you think they felt?	What three words would you use to describe yourself?	What can you do or change to focus more on your wellbeing?	What is your greatest strength?
Why do you think a shofar is a wake up call? What is another wake up call?	What worries you most about the future?	Have you said something kind to someone today?	What characteristics make a good leader?	What is your favorite way to spend the day?	There are many food symbols we eat on Rosh Hashana, What food symbol would you create for your meal?	How would someone describe you?
What is a talent that you have that can be used to help better the community?	When you are feeling sad, what helps you feel better?	What are three things that make you happy?	What will you focus on this year?	What do you want to start doing this year?	What are your goals for tomorrow and the new year?	ROSH HASHANA 

