

Change, Forgiveness & Teshuva

- What practical steps can you make in your life to seek forgiveness?
- How do you think regret relates to forgiveness? Must there be regret in order to forgive?
- Is there an area of your life in which you feel “captive to the past?” what is holding you back from forgiving in that situation?
- What techniques have you personally used in the past to successfully change a bad habit? How did you motivate yourself to change?
- What techniques have you personally used in the past to take on a new mitzvah or good habit? How did you motivate yourself to do it?
- When was the last time you took advantage of an opportunity to do teshuva?
- Why is it teshuva, tefilla and tzedakah can avert God’s evil decree?

You, Reflection & Growth

- Are you content with who you are, or do you feel that there's room for improvement?
- Of all of your character traits, which one is in greatest need of an overhaul?
- How can you transform a current challenging situation into a spiritual experience?
- If there's one thing you could change about yourself, what would it be?
What's holding you back?
- Would you be pleased by what you think people will say at your eulogy?
- In what area of your life can you actively do a better job at "letting God in?"
- When do you feel closest to God?