

MAKE IT MEMORABLE:



TO MAKE THIS YEAR THE MOST MEMORABLE OF YOUR LIFE, ANSWER THESE QUESTIONS FROM RABBI DANIEL COHEN'S BOOK *CREATING A LIFE OF LEGACY*

1. If you only had 24 hours to live, what would you do and why?
2. What values do you stand for and what is worth fighting for?
3. What five words would you want written on your headstone?
4. What will you do this year that is worthy of future memory?
5. How would the world be different without you?



CHALLENGE YOURSELF:



TEN DAYS OF GROWTH VIA YESHIVA UNIVERSITY'S THE RABBI LORD JONATHAN SACKS-HERENSTEIN CENTER FOR VALUES AND LEADERSHIP

1. Name a river you must cross this year? Which challenges in your life require fresh perspectives to overcome them?
2. When has your disappointment in yourself led to positive self-improvement?
3. How can you judge yourself both honestly and favorably when you pray? Experiment with one new framework, practice or approach to tefilla during these ten days.
4. When did you contemplate changing something specific about your approach or your actions but were unable to master it? What small step can you take this year to help you actualize that change?
5. What specific good we do this year that we want God to "remember" and include In the Book of Life?
6. What responsibility or relationship are you running away from right now? Can you take a big step towards it?
7. What sins, mistakes or character flaws have you given up on repairing? Is there one you are ready to tackle again? What measures are you putting in place to be successful?
8. How do you deal with doubt? What measures can you take to strengthen your faith?
9. Describe a time you lost hope in something or someone. Were you able to recover it? Did you give up too easily?
10. What small step can you take after Yom Kippur to turn in a better direction?



SIX MEANINGFUL QUESTIONS TO DISCUSS WITH YOUR FAMILY ON ROSH HASHANAH FROM AISH.COM



1. What do you want to do more of this year and what do you want to do less of? Think about what made you feel alive and connected this past year. Reflect upon which parts of your life have felt draining and like a waste of time. Go around the table and have each family say at least one activity they want to add to their lives this year and one activity they would like to subtract.

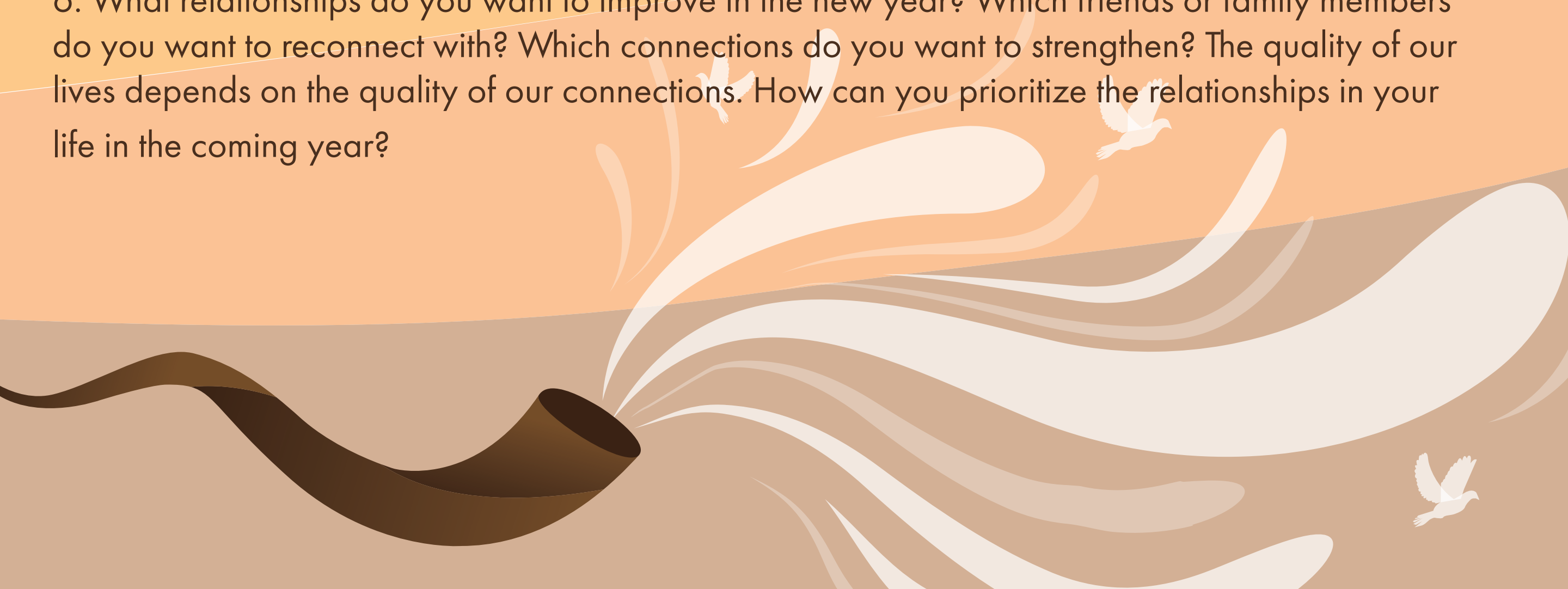
2. What are you grateful for this past year and what are you looking forward to in the coming year? After answering this question, go around the table and have each member of the family tell each person why they are grateful to have them in their lives. Then go around again and have each person say one thing they are looking forward to doing as a family in the coming year.

3. What are you living for? Reflect on what your current purpose and mission is in life. What are you passionate about? What gives your life meaning and direction? If you're not sure what your purpose is, ask your family members what they think motivates you and matters to you in your life. Sometimes others can see a passion of ours that we may have put aside but that still matters to us. Another way to ask this question is: What would you do each day if you had all the time and money you needed?

4. Did you have any personal wake-up calls this year? Is there something specific that happened that deeply transformed your perspective on life? What did you have to unlearn this past year? Go around the table and reflect on something you believed last year that you no longer believe?

5. What are you most proud of in the past year? What was the best thing that happened to you? Go around the table and reflect on what you have done that was meaningful. How have you helped others? What have you done this past year that aligns with your mission and purpose in life?

6. What relationships do you want to improve in the new year? Which friends or family members do you want to reconnect with? Which connections do you want to strengthen? The quality of our lives depends on the quality of our connections. How can you prioritize the relationships in your life in the coming year?



TESHUVA

- What practical steps can you take in your life to seek forgiveness?
- Are you content with who you are or do you feel that there's room for improvement?
- What have I achieved in the past year and what are my goals for the upcoming year?
- How have my actions affected others and how can I improve my relationships?
- What are the values and principles that guide my life and am I staying true to them?
- In what ways can I seek forgiveness and make amends with others?
- How can I contribute positively to the world and make a difference?

TEFILLA

- Have I been fully present and focused during my prayers throughout the year?
- How can I cultivate greater mindfulness and concentration in my prayer now?
- How can I set specific intentions for self-improvement and growth through my prayers?
- What positive changes do I want to manifest in my life and how can prayer support these intentions?
- Who are the people in my life and in the world who need healing, compassion and support?
- How can I incorporate prayers for the well-being of others in my prayers?

TZEDAKAH



- When I hear the word tzedakah what do I think about?
- What lessons about tzedakah have I learned from my family?
- How can I be more intentional when giving tzedakah?
- Do I give of my time, treasure and talents?
- In what ways can I actively engage my family, friends and colleagues in tzedakah this year?
- How might I give tzedakah every day of the year?

TASHLICH

- What burdens from the past year do you wish to cast off?
- As you set down this load, what do you hope to make space for in your life?
- What can you do now to ensure that you achieve your goals throughout the year?
- What makes you feel renewed and rejuvenated?
- What are your hopes, dreams and aspirations for the year ahead?

FAMILY BLESSING JAR

We reflect on our blessings during Rosh Hashanah. This year create a Family Blessing Jar. Throughout the year write down moments of joy, gratitude, appreciation and blessings on pieces of paper and place them in the jar. Next Rosh Hashanah open the jar, read them together and reflect as a family.

RESOLUTIONS AND COMMITMENTS

- What resolutions did you take upon yourself last year?
- What promises did you make?
- What goals did you set?
- Have you achieved them?
- What are your goals for the upcoming year?
- How do you plan on accomplishing them?

YOU, CHARACTER, GOD + TORAH = YOUR JUDAISM

- What aspect of study must I study if I wish to maximize my knowledge of Judaism?
- Of all my character traits, which one is in the greatest need of overhaul?
- Would I be pleased by what I think people would say at my eulogy?
- When do I feel that life is most meaningful? Is there some way to incorporate this recognition into my life more often?
- What can I do to ensure the future of Judaism?
- Are there any ideals I would be willing to die for? Why?
- What is the most important decision I need to make this year? What's holding me back?
- When do I feel closest to God?

Questions for Discussion & Reflection

- What makes you special?
- What inspired you this year?
- What are you thankful for?
- If you could have any superpower, what would it be and how would you use it?
- What is one way you want to improve yourself and grow this coming year?
- If you can change one thing about the world, what would it be?

Reflecting on the Past, Planning for the Future

- Where were you last Rosh Hashana?
How will this one be the same or different?
- What accomplishment brings you great pride or joy from this past year?
- What is something you want to let go of from this year?
- What relationship do you want to strengthen this year?
- What is one thing you want to abstain from this year?
- Where is a place you hope to visit this year?
- What is one new habit you would like to adopt?
- What is the most important lesson you learned this year?
- What is something that you regret not having done this past year?
- What topic or mitzvah do you want to explore more this year?

The Change You Want to See

- You know changes you want to make. What is holding you back from making them?
- Who would you like to be this coming year given who you have been this past year and what you carry with you from it?
- How can you give yourself a fresh start without ignoring the past? How can you do that for others?
- What can you do with your life?

Questions for Reflection

10Q *Life's Biggest Questions. Answered By You.*

1. Describe a significant experience that has happened in the past year. How did it affect you? Are you grateful? Relieved? Resentful? Inspired?
2. Is there something that you wish you had done differently this past year? Alternatively, is there something you're especially proud of from this past year?
3. Think about a major milestone that happened with your family this past year. How has this affected you?
4. Describe an event in the world that has impacted you this year. How? Why?
5. Have you had any particularly spiritual experiences this past year? How has this experience affected you? "Spiritual" can be broadly defined to include secular spiritual experiences: artistic, cultural, and so forth.
6. Describe one thing you'd like to achieve by this time next year. Why is this important to you?
7. How would you like to improve yourself and your life next year? Is there a piece of advice or counsel you received in the past year that could guide you?
8. Is there something (a person, a cause, an idea) that you want to investigate more fully in 5782?
9. What is a fear that you have and how has it limited you? How do you plan on letting it go or overcoming it in the coming year?
10. When September 2022 rolls around how do you think you'll feel? What do you think/hope might be different about your life and where you're at as a result of thinking about and answering these questions?
11. What are your predictions for 5782?

Questions for Reflection



1. Who is one person in your life with whom you would like to reconcile and deserves an apology from you? What is the right step to take to begin the reconciliation? Is it an apology or a gesture of another kind? When would be the best time to approach them, if at all?
2. What relationship in your life is in need of healing but is stalled because you are waiting for the other person to make the first move? Can you find the courage to make the first move yourself?
3. What is a realistic first step that you can take and complete before Yom Kippur in a process that can't actually be neatly completed by Yom Kippur itself? Is there an interpersonal conflict that might be aggravated because you are pushing too hard and being impatient for resolution?
4. What is one area of teshuvah that feels like it would require upending your whole life? What could a more manageable version of teshuvah look like? What could you do to cut slack for others to help them make change?
5. What can shake you from a routine or entrenched attitude that is not serving you well? Can you find someone else to "intercede" so you do not feel isolated in teshuvah that is between "you and God" or you and yourself? Can regular learning or prayer be a regular source of "intervention" to help catalyze the self growth you seek?
6. As you enter into Shabbat, try to let go of a hypercritical focus on things you feel that you or others have done wrong. Can you picture a moment in your relationship with another person, or with God, that anchors the beauty, strength, and possibility of your relationship? How could it affect your teshuvah process to keep that moment front and center?
7. How do we know that we have been forgiven or have truly forgiven others? Do we take the time to let people know that they have been forgiven? How can we make our teshuvah more focused on the process rather than the result?

The 40 Day Challenge

Daily Jewish Insights to Prepare for the High Holidays by Rabbi Mark Wildes

1. **Second Chances:** What part of your life deserves a “second chance” – where you can forgive, revisit, or enhance something that will help you become the best version of yourself?
2. **Being Honest with Ourselves:** Is there any area of your life that you are afraid to be honest about? If so, how can you work to go beyond the fear?
3. **Finishing What We Start:** Do you have any personal dreams or goals that have been put on pause? Why, and what can you do to get back on track to achieving them?
4. **Making Music with What Remains:** What perceived “weakness” in yourself could you reinterpret into a strength? Alternatively, what setback in your life can you actually use as an advantage?
5. **Not by Though Alone:** What is one act - or mitzvah – that you can start doing anew, even if it feels difficult to do so?
6. **“Never Sent, Never Signed”:** Controlling Your Anger: Which situations generally make you upset or angry? What practical step(s) can you take in order to be calmer in such moments?
7. **Achieving Wholeness:** What is one time where you acted one way but felt another inside? When this or a similar situation arises in the future, how can you go about being tocho k’boro – where your outside actions mirror your inner feelings?
8. **Smile:** Do you know someone who is, right now, in need of support and inspiration? What small step(s) can you take to help make them smile?
9. **The Real You:** What mitzvah do you currently perform that makes you feel connected to the deepest part of yourself? How can you enhance your performance of that mitzvah?
10. **What Are Your Priorities:** What change(s) can you make to better prioritize how you spend your time and your money in order that these gifts can be more directed toward your moral and spiritual well-being.
11. **Learning from Our Enemies:** What challenging situation in your life or bad habits “cool you down” and prevent you from reaching your life goals? Identify two specific ways to better navigate the situation or break the bad habit.
12. **Love Thy Neighbor:** Identify someone who is very different from you politically or ideologically. What do you know about them that still makes them worthy of your love? Also, how can you show them, that despite your differences, you respect and care for them?

- 13. Consistency:** List one spiritual practice (prayer, Torah study, giving charity, visiting the sick) and one general activity (exercise, painting, writing) that bring you joy and fulfillment. How can you make these practices more consistent in your life?
- 14. If You See Something, Say Something:** Is there someone in your life- a friend, colleague or relative- who has offended you or hurt you in some way? Write down what you would like to say to this person to politely express why you are upset. What else would it take for you to heal and start that relationship anew?
- 15. The Psychology of Gossip:** List one or two scenarios in your daily life that expose you to gossip. How can you limit those activities or somehow prevent the gossip or slander from taking place?
- 16. Holy Grapes:** What are three things for which you are truly grateful and which make you feel more connected to God? (They can even be the basics.)
- 17. Bringing Redemption:** Can you choose a mitzvah- one that you already do and one which you currently do not- which in your mind brings the world closer to God and to the Messianic redemption?
- 18. Judging Favorably:** Reflect on a situation where you felt wronged by another person. Can you consider that there were circumstances in that person's life that could help you better understand why they behaved that way?
- 19. Play the Ball, Not the Person:** How can you maintain politer and respectful dialogue with someone you disagree with? What methods would you employ to debate the merits of an idea, rather than the character of the person themselves?
- 20. Halfway There! Looking Ahead:** Looking back at the past entries, what new insight about yourself, other people, Judaism, or God have you discovered?
- 21. Selichot:** How can you emulate God's trait of compassion in dealing with any of your colleagues at work or family members at home?
- 22. Not in Heaven:** Name one area of Jewish observance which seems remote or foreign to you. What is one step you can take to bring yourself closer to that area of Jewish tradition?
- 23. The Stork:** Choose one act of kindness you can perform by Yom Kippur for someone, or for some group, outside of your inner circle.
- 24. Silence:** In general, when you speak with others do you aim to listen and genuinely hear them out? Think of one or two situations in which being more silent can help you be more receptive to what is being said.
- 25. Focus Amidst the Static:** What physical object(s) do you currently possess or can you consider obtaining that can be used as a source of inspiration for greater spirituality and which can help motivate you to stay more focused amidst the many distractions in your life?
- 26. The Purpose of Rosh Hashanah:** What activities, during the course of your regular day, trigger the idea that God is caring King who provides us with a path for our lives?

- 27. Staying Connected:** What action(s) can you take in order to keep yourself feeling connected to Sinai? For example, praying more regularly, attending a weekly Torah class, or any other mitzvah that you can undertake on a regular basis.
- 28. Our Father, Our King:** Do you think of God more as a parent or a ruler? How can you strengthen the other perception?
- 29. The Message of the Shofar:** What is it that you really want in the coming year that you can think about and pray for when the shofar is being sounded?
- 30. Breath and Honey:** What is one talent you possess and how can you better channel that gift towards a holy or communal goal?
- 31. Working with What You've Got:** Identify one unique gift or talent you possess and one real challenge in your life. How can you use the gift to meet the challenge?
- 32. Warming Others:** Who do you know that you can help with a donation, a loan, or a job to get them through a hard time? If there is no such person in your circle, choose one organization that helps others to which you can donate and/or volunteer.
- 33. Fasting and Feasting:** Are the Jewish fast days part of your spiritual schedule? If not, what new fast day resonates with you that you could observe in the coming year?
- 34. Desensitization:** What is one positive way you use technology and one negative way? How would you build on the former and cut down on the latter?
- 35. The Power of Change:** What past misdeed, failing, or personality flaw can you now use to help other people?
- 36. You Can Run, But You Can't Hide:** Who, in your circle of friends, could use some spiritual encouragement and how can you respectfully engage and direct them towards what they need?
- 37. Living as Angels:** Who is the one other person on whose behalf you would like to pray for this Yom Kippur? Also, who is the one person you would like to express gratitude to before Yom Kippur?
- 38. Getting a 100%:** What is a spiritual goal that you currently feel is unachievable even though it's something you'd like to be able to accomplish? What tangible steps can you take towards achieving this goal?
- 39. Reuniting the King and Queen:** What is one challenging or compromising situation in which you currently find yourself that seems like it "just happened" that, upon further reflection, you can take responsibility for? What possible change can you make in this area?
- 40. A Broken Heart:** Identify three positive qualities within yourself. How in the next year can you make these virtues more of a permanent part of who you are?

LIFE IS SHORT.

However much life expectancy has risen, we will not, in one lifetime, be able to achieve everything we might wish to achieve. This life is all we have. So the question is: How shall we use it well?



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

LIFE ITSELF, EVERY BREATH WE TAKE, IS THE GÍFT OF GOD.

Life is not something we may take for granted. If we do, we will fail to celebrate it. Yes, we believe in life after death, but it is in life before death that we truly find human greatness.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks



WE ARE FREE.

Judaism is the religion of the free human being freely responding to the God of freedom. We are not in the grip of sin. The very fact that we can do teshuva, that we can act differently tomorrow than we did yesterday, tells us we are free.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

LIFE IS MEANINGFUL.

We are not mere accidents of matter, generated by a universe that came into being for no reason and will one day, for no reason, cease to be. We are here because there is something we must do; to be God's partners in the work of creation, bringing the world that is closer to the world that ought to be.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

LIFE IS NOT EASY.

Judaism does not see the world through rose-tinted lenses. The world we live in is not the world as it ought to be. That is why, despite every temptation, Judaism has never been able to say the messianic age has come, even though we await it daily.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

LIFE MAY BE HARD, BUT IT CAN STILL BE SWEET.

Jews have never needed wealth to be rich, or power to be strong. To be a Jew is to live for the simple things: love, family, community. Life is sweet when touched by the Divine.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

OUR LIFE IS THE SINGLE GREATEST WORK OF ART WE WILL EVER MAKE.

On the Yamim Noraim, we step back from our life like an artist stepping back from their canvas, seeing what needs changing for the painting to be complete.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks



WE ARE WHAT WE ARE BECAUSE OF THOSE WHO CAME BEFORE US.

We are each a letter in God's book of life.
We do not start with nothing. We have
inherited wealth, not material but spiritual.
We are heirs to our ancestors' greatness.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

WE ARE HEIRS TO ANOTHER KIND OF GREATNESS: TO TORAH AND THE JEWISH WAY OF LIFE.

Judaism asks great things of us and by doing so makes us great. We walk as tall as the ideals for which we live, and though we may fall short time and again, the Yamim Noraim allow us to begin anew.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks

WE ARE DUST OF THE EARTH BUT WITHIN US IS THE BREATH OF GOD.

The sound of heartfelt prayer, together with the piercing sound of the shofar, tell us that that is all life is – a mere breath – yet breath is nothing less than the spirit of God within us.



Ten Ideas for Rosh Hashanah and Yom Kippur by Rabbi Lord Jonathan Sacks



1.

Describe an experience from before the COVID-19 pandemic that may now feel like it belongs to another world entirely. When you think about it, how do you feel?



2.

What was your main New Year's resolution or personal goal at the beginning of 2020? What do you think of that goal now? Does it still seem relevant? Does it seem trivial? Does it seem distant?



3.

How has the COVID-19 pandemic experience affected your relationships with your family members, near and far?



4.

**Have you been recording
your thoughts and
experiences during the
COVID-19 pandemic?
If so, how?**



5.

Has the COVID-19 pandemic led to any spiritual moments of significance for you?

(“Spiritual” can be broadly defined to include secular spiritual experiences: artistic, cultural, and so forth. Something that brought you a sense of Awe)



6.

As a result of the COVID-19 pandemic, what is one thing that you find yourself reassessing in terms of the future?

(For example, personal relationships / your relationship with money / with Work / with technology / the media / body image / with your kids / family members)



7.

As society reopens and you reemerge, how would you like to see society shifting in the coming months? Or would you like it simply to go back to the way it was pre-COVID-19 pandemic?



8.

**Is there something
(a person, a cause, an idea)
that you want to investigate
more fully as a result of the
COVID-19 pandemic?**



9.

Since the COVID-19 pandemic began what is your greatest fear? What is your greatest hope?



10.

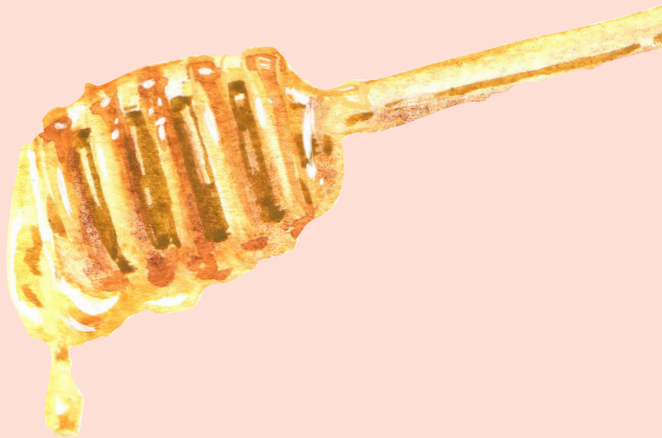
Six months from now, do you think that you'll look back on the time before the COVID-19 pandemic and feel irrevocably changed, or do you think you'll return to the person you were before? Which changes do you hope remain? Which do you wish will disappear?



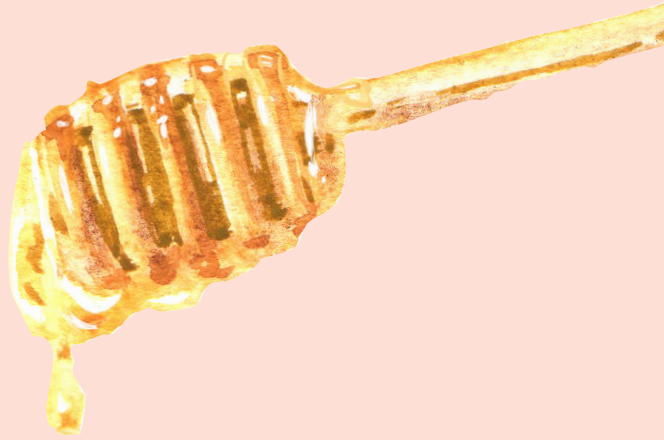
**What's your
biggest hope
for 5781?**



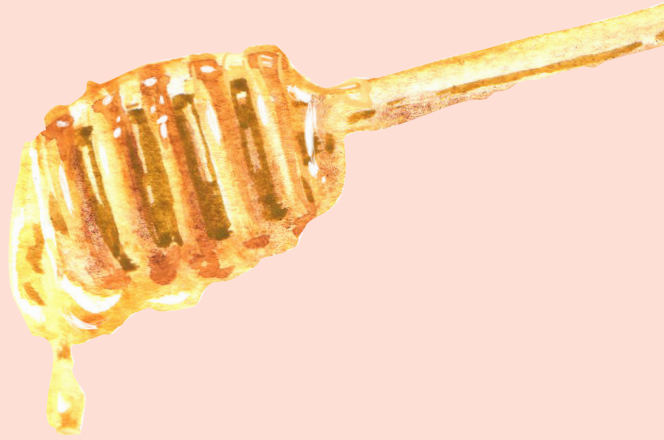
**What is something
you regret or
wish to free
yourself of?**



**Give an example
of how you
updated your
thinking
this year.**



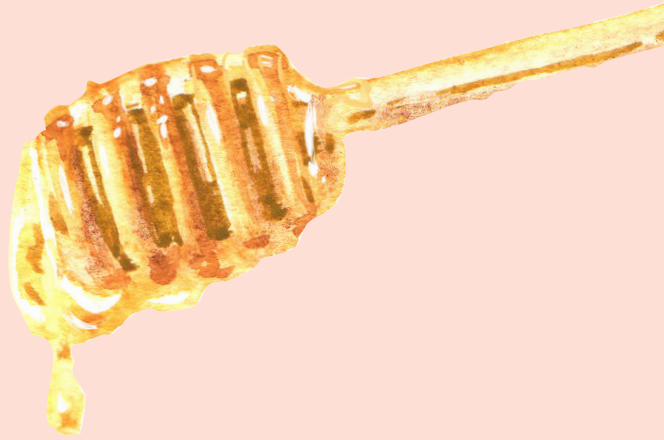
**What can you do
in the coming year
to actively help
make the world a
better place?**



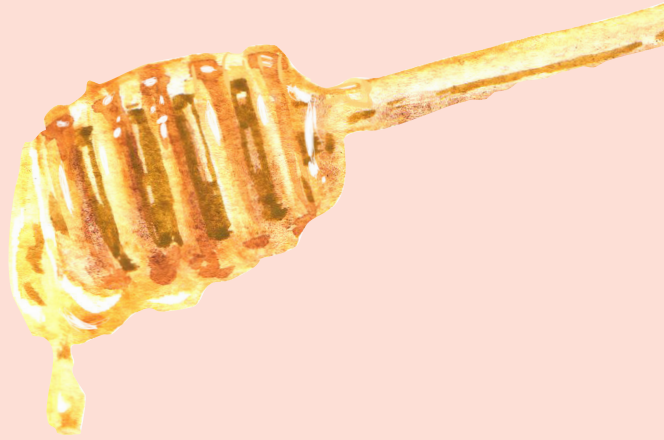
What is one wake-up call you had this past year? What might you be called to wake up to this coming year?



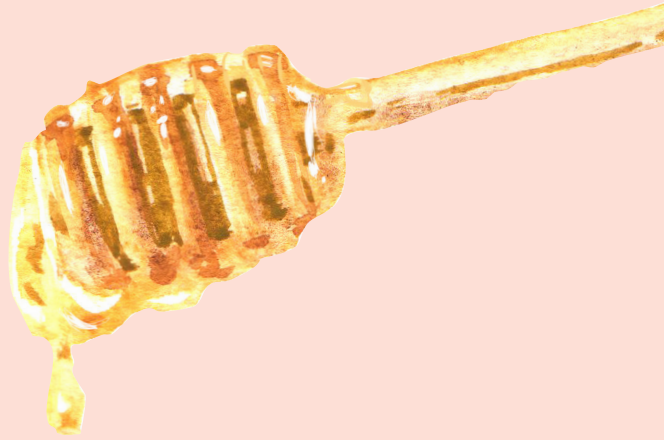
Can you think of a value or story, perhaps one from a grandparent or ancestor, that you will carry with you the rest of your life?



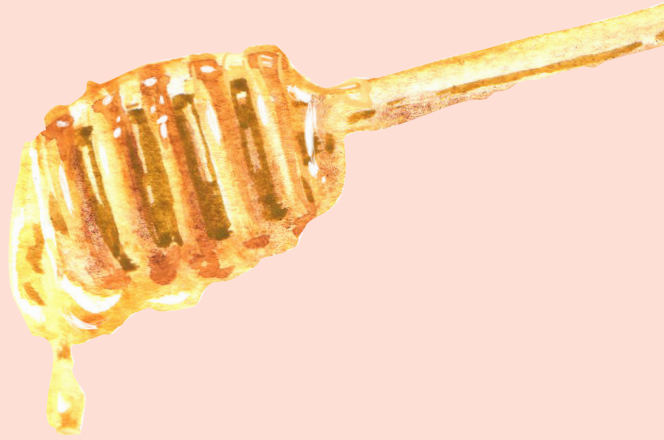
**Who did
something
especially
sweet for you
this year?**



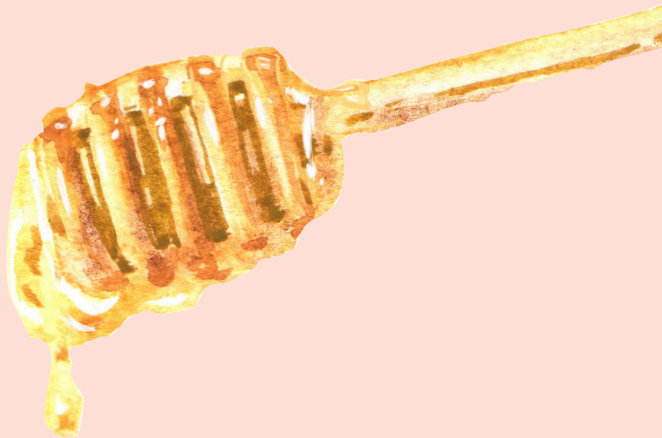
**If you were to
create a film about
your life this past
year, what would
you title it?**



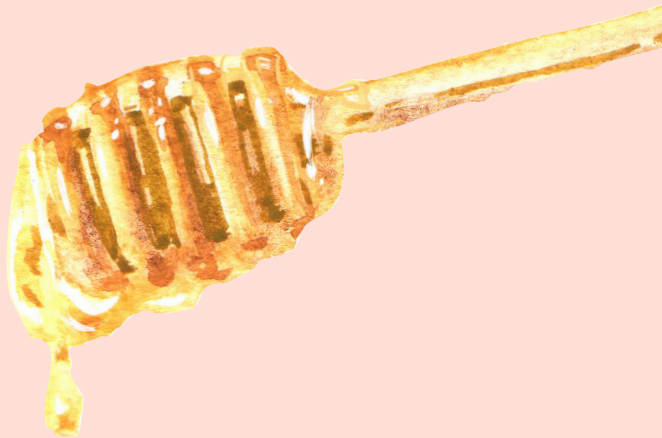
**If the coming year
were written up in
a book, what would
you want the key
message to be?**



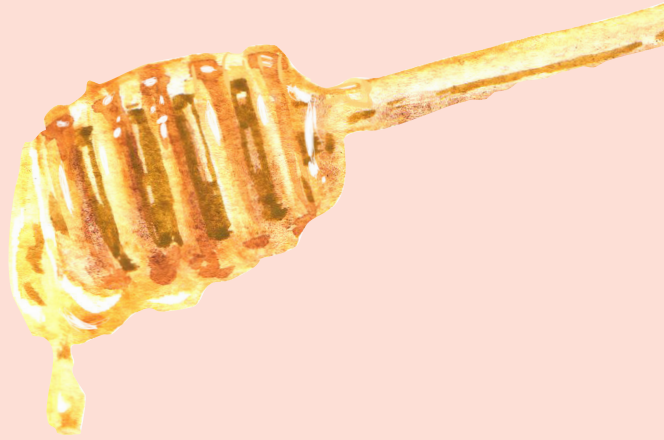
**What might
you say to God
or ask God
this year?**



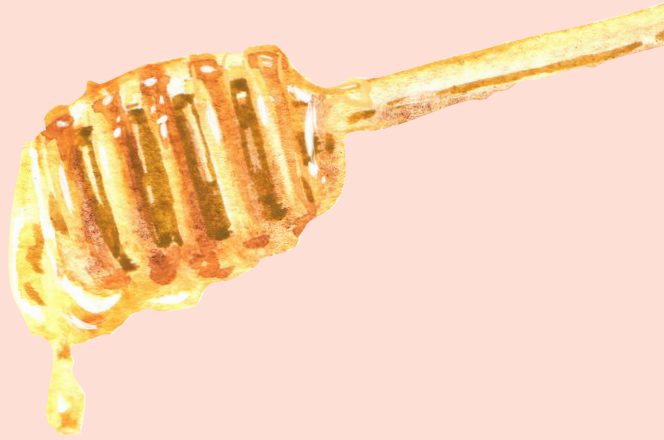
**What was an
awe-inspiring
moment for you
this year and how
did it affect you?**



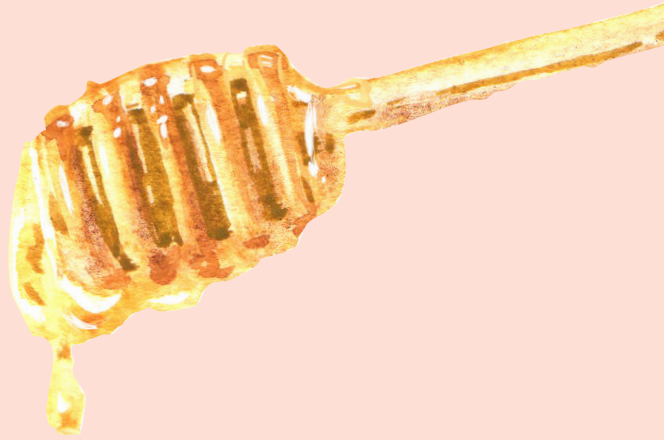
**What do you
most want
to change
this year?**



**What is one
of your top
priorities
this year?**



**What stories
of generosity
inspire you?**



**What is one
thing you did
this year that
made a positive
difference?**