



YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

MONDAY • SEPTEMBER 18 • 3 TISHREI • TZOM GEDALIAH

*Who are the people who inspire you the most? What qualities do they possess that you admire, and how can you incorporate those qualities into your own life?*

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*Action plan*

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TUESDAY • SEPTEMBER 19 • 4 TISHREI

*Write about a time when you acted with kindness and compassion toward others. How did it make you feel, and how can you cultivate more of these moments?*

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*Action plan*

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TZEDAKAH

Dedicated by Shani & Chaim Hollander in memory of Mrs. Alice Marks  
פרומה ליבא בת שמואל  
A woman always seeking to improve herself through תורה and תפלה

YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

WEDNESDAY • SEPTEMBER 20 • 5 TISHREI

*Describe a time when you felt truly connected to your community or a larger cause. How can you contribute more to the well-being of others?*

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*Action plan*

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THURSDAY • SEPTEMBER 21 • 6 TISHREI

*Write about a story, book, article, or podcast related to Chesed that has had a profound impact on you. What lessons did you learn, and how can you integrate them into your life?*

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*Action plan*

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**YEMEI RATZON**

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**FRIDAY • SEPTEMBER 22 • 7 TISHREI**

*Reflect on your unique strengths and talents. How can you leverage them to make a positive impact on others and achieve your goals?*

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*Action plan*

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