

YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

SUNDAY • SEPTEMBER 10 • 24 ELUL

Reflect on a recent experience where Emunah played a significant role. How did it shape your perspective?

Action plan

MONDAY • SEPTEMBER 11 • 25 ELUL

What ways do you find yourself praising Hashem? How could you improve in praising Hashem?

Action plan

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TUESDAY • SEPTEMBER 12 • 26 ELUL

Part of the Tefillah experience is Hoda'ah, gratitude. What are some of your greatest gifts that Hashem has given you? How have you used your unique gifts during this past year?

Action plan

WEDNESDAY • SEPTEMBER 13 • 27 ELUL

Gratitude is such an important concept both in Tefillah and our interpersonal interactions. Describe ways that you express gratitude to Hashem and others. What are new ways you can incorporate into your daily practice to increase your appreciation of Hashem and others in this coming year?

Action plan

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THURSDAY • SEPTEMBER 14 • 28 ELUL

Tefillah is a conduit to connect with Hashem and lean on Him for our needs both large and small. Which tefillot make you feel most connected to Him? Think about both daily tefillot and the special tefillot for this time of year.

Action plan

FRIDAY • SEPTEMBER 15 • 29 ELUL • EREV ROSH HASHANAH

Often we know we are supposed to daven but things and life get in the way. What are the things that get in the way and how can you overcome these obstacles?

Action plan
