

YEMEI RATZON

WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

SUNDAY • AUGUST 27 • 10 ELUL

Describe a time when you were able to let go of perfectionism and embrace imperfections. How can you continue to cultivate self-acceptance and self-compassion?

Action plan

MONDAY • AUGUST 28 • 11 ELUL

Think about obstacles that can get in the way of relationship repair—or things that might stop you. What are ways to overcome these obstacles?

Action plan

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TUESDAY • AUGUST 29 • 12 ELUL

Is there a behavior or midda that is blocking you from being your best self? What can you do to reduce or eliminate this behavior?

Action plan

WEDNESDAY • AUGUST 30 • 13 ELUL

If there was one emotion that you could snap your fingers and it would be gone or reduced from your life, what would it be? What can you tell yourself when you experience this emotion?

Action plan

TESHUVAH

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THURSDAY • AUGUST 31 • 14 ELUL

During the past several months, how have I practiced forgiveness of myself and others? Where is my work of forgiveness unfinished?

Action plan

FRIDAY • SEPTEMBER 1 • 15 ELUL

Describe a situation where you had to make a difficult decision. How did you navigate through it, and what did you learn from the process?

Action plan

TESHUVAH

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