

YEMEI RATZON

IDEAS & inspiration

THE NEW YEAR **INSPIRED**

THE JOURNALING JOURNEY

*Navigating Growth
through
Self-Reflection
and 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

THE
Women's
INITIATIVE

TESHUVAH

כחה של תשובה היא הרבותא
היותר גדולה אחרי הפלא של
בריאת שמים וארץ

*The power of teshuvah is the
greatest innovation since the
creation of the world.*

*Rabbi Yitzchak Hutner,
Pachad Yitzchak Yom Kippur 1:8*

We are given the unique gift to reflect on our actions and motivations from the past year. This process captures our unique capacity as human beings to change and improve our ways. Who we were this past year is not who we will necessarily be this coming year. Through self-reflection, we not only seek forgiveness and make amends but also embark on a transformative journey towards becoming better versions of ourselves.

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WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

SUNDAY • AUGUST 20 • 3 ELUL

Identify one habit or behavior that held you back in the past year. How can you work on changing it?

Action plan

MONDAY • AUGUST 21 • 4 ELUL

Describe a specific challenge or obstacle you faced and how you overcame it. What strengths did you discover in yourself during this process?

Action plan

TESHUVAH

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WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

TUESDAY • AUGUST 22 • 5 ELUL

Sometimes we hurt ourselves through our actions. Reflect on ways you take care of yourself. Are there any areas that need improvement? What can you do to prioritize your well-being?

Action plan

WEDNESDAY • AUGUST 23 • 6 ELUL

Write about a time when you forgave someone or let go of a grudge. How did it impact you and how can you practice forgiveness more often?

Action plan

TESHUVAH

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WEEK BY WEEK JOURNAL FOR SELF-REFLECTION & TESHUVAH

THURSDAY • AUGUST 24 • 7 ELUL

Reflect on a relationship in your life that you know needs repair. What are steps you can take toward rebuilding this connection?

Action plan

FRIDAY • AUGUST 25 • 8 ELUL

Write about a time when you received constructive feedback. How did you handle it, and how can you be more open to feedback in the future?

Action plan

TESHUVAH