

26 QUESTIONS TO THINK ABOUT FROM ROSH HASHANA TO YOM KIPPUR

Adapted with permission from *The Rosh Hashana/Yom Kippur Survival Kit* by Shimon Apisdorf

For Rosh Hashana:

Take one question at a time and meditate on it for at least 5 minutes. Try very hard to answer the question. When you feel satisfied with your answer, move on to the next question.

1. When does your life feel meaningful?
2. When or in what activities have you been consistently wasting time?
3. What would you be willing to die for?
4. If you could live your life over, what would you change?
5. What would bring you more happiness than anything else in the world?
6. What are your three most significant achievements since last Rosh Hashana?
7. What are your biggest mistakes since last Rosh Hashana?
8. What project or goal, if left undone, will you most regret if it never gets completed?
9. If you knew you couldn't fail, what would you undertake to accomplish in life?
10. Do you have any habits that you should change or improve?
11. What did you do last year that gave you the strongest feeling of satisfaction?
12. When do you feel most spiritual?
13. What kind of person do you want to be five years from now?
14. Who are the most important people in your life?
15. How often do you express your feelings to those who mean the most to you?
16. Over the last year, did those become closer and deeper?
17. What can you do to nurture those relationships this year?
18. If you could change only one thing about yourself, what would it be?
19. If you could change only one thing about your spiritual life, what would it be?
20. What kind of relationship do you want to have with your body?
21. What sort of relationship do you want to have with your family?
22. What relationship do you want to have with your community?
23. What kind of relationship do you want to have with humanity?
24. What is the reputation you want for honesty and integrity?
25. If your future were on trial, what would you tell the jury?
26. If you knew that 5775 was going to be your last year, what would you do differently?

For Yom Kippur:

Take some time during the day to concentrate on the following questions.

What makes my life meaningful?
What I hope to accomplish in the next year?
The kind of person I want to be in the next year?
The mistakes I have made that have kept me from becoming the person I want to be?
The bad habits I have kept me from becoming the person I want to be?
JUST BEFORE THE END OF YOM KIPPUR, I CAN BE AND WANT TO BECOME:
<i>I can be and want to become totally disciplined in healthy habits.</i>
<i>I can be and want to become the most loving, compassionate person.</i>
<i>I can be and want to be the world's most honest, trustworthy person.</i>
<i>I can and want to take full responsibility for my mistakes.</i>
<i>I can and want to become a happy person who embraces every moment.</i>
<i>I can and want to become a mindful, holy human being.</i>

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