

B'SD

Ready For Rosh Hashanah & Yom Kippur!

The 2 minute Daily Journal For Today's Busy Jew

- Elul through Yom Kippur -

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INTRO

A little bit each day keeps us happy once the holiday's go away. Each day from today Rosh Hodesh Elul until Erev Yom Kippur adds a new level in our preparation to receive the bracha for the upcoming year. The first step in preparing for the Great and Awesome Days approaching is to contemplate the verse we read in this time period that hints to Elul:

"L'ula H'emanti liros b'tuv Hashem b'eretz Hai'im" (Tehillim 27)

L'ula is Elul spelled backwards. To open up the gates of Elul King David tells we have to believe that next year we'll see TUV Hashem and feel alive in the land of the living. Our next step is to have the bitachon to act on this emuna.

This Booklet is to help you take a few minutes a day to build the bitachon to receive the *Tuv Hashem* for a new Year of rich life.

Day 1

A time that I can likely succeed in setting aside of few minutes daily is at

_____.

Day 2

The Main Gifts I am Grateful for are:

In Ruchnios (a spiritual gift): _____

Relationship: _____

Mida (a character trait): _____

Koah (a natural strength): _____

E.g.

The Main Gifts I am Grateful for are:

In Ruchnios: *a natural desire to follow rules*

Relationship: *a giving mother who always understands me*

Mida: *a natural concern for others*

Koah: *an ability to think quickly*

Day 3

What was my high point last year when I used these gifts well?

In Ruchnios (a spiritual gift): _____

Relationship: _____

Mida (a character trait): _____

Koah (a natural strength): _____

Day 4

Just like you reached high point last (see day 3), what would be a big step forward for you in using these gifts in the following year.

In Ruchnios (a spiritual gift): _____

Relationship: _____

Mida (a character trait): _____

Koah (a natural strength): _____

Day 5

To be better prepared for Rosh Ha Shana and Yom Kippur this year I'd like to: *(feel free to write a number or actual titles or a name of a person to ask on each of the points below)*

Read _____ essay/ book

Learn _____ laws/ halachas

Listen to a tape on the topic of _____

Go to _____ shiur

Write for myself __ (#) _____ times

Day 6

1) What must I do to:

Get the book I want to READ:

Get the halachas I want to learn

Get the Tape I want to listen to:

Go to a Shiur

Write in my journal:

Often we'll lose hope when a process that seems overwhelming or beyond our capacity to deal with. That voice is not our yetzer ha tov (good inclination) speaking, this feeling comes from our yetzer ha ra (negative inclination) in order that we should give up and not try at all to help ourselves. The perfectionist in us tells us "all or nothing". Even 1 minute a day should not be underestimated. 1 minute is a victory. A person can transform his prayers if he takes a minute each day to slowly learn the words. He can even get through all of talmud.

2) Between now and Yom Kippur when can I make a date in my calendar book to do this (number one above) for myself? Feel free to mark the time next to each or straight into your day planner.

Day 7

-What is a single action or behavior in your Ruhnios life, that were you to act on it consistently would make a major difference in this area in the upcoming year.

Day 8

-The ALENU prayer is a major part of Rosh Hashanah davening. Take a few minutes to sit down with the siddur and read the first paragraph of ALENU. Say over each line and then translate it in your own words and images

For Example: *When you read "sh'Lo asunu k'goi arotsos"— imagine owning castles and mansions, and having every pleasure, and how give it up happily to live as the simplest of Jews who has clarity that life is eternal, whereas the purley physical life temporary.*

Day 9

What is a single action or behavior in your main relationship, that were you to act on it consistently would make a major difference in this area in the upcoming year.

If you pray today try to say Alenu with more focus

Day 10

In which single relationship or area of your life would working on this mida make the biggest difference?

If you pray today try to say Alenu with more focus

Day 11

What is a single action or behavior in your main mida (character trait), that were you to act on consistently would make a major difference in the upcoming year?

Day 12

In which single relationship or area of your life would working on this character trait or mida make the biggest difference?

Day 13

What is a single action or behavior in your main natural strength or Koah, that would allow you to invest yourself in Judaism in the upcoming year.

Day 14

Is there any area of your life or avoda/ relationships where you feel a little bit like you've given up?

Please list:

Day 15

-Please review yesterday. For each area you feel you have let go or given up on, please write one phrase below as how you can ask Hashem for help in this area.

Day 16

Please now copy these items or phrases on a little note and put them into the siddur from which you will likely pray from next.

- If you have a moment sit down and read the halachas of Shofar.

Day 17

Hashem send us messages in life. Often Hashem's main messages to us hit us in points of pain. Very often we live with this pain on a daily basis, and may even pray for it to be resolved. However we often forget to respond simply to the message. We forget to pray to H' to tell us what He wants to do differently or ask Him to understand what the message is.

Please list a few areas in life where you feel pain and want to know from H' what you are supposed to do.

Day 18

Please now copy yesterday's phrases on a little note and put them into the siddur you will likely prayer from next.

The more you prayer to understand the messages Hashem is sending you the more likely you will begin to piece the message together like a puzzle put together day by day. By Rosh Hashanah you will likely have much more clarity.

Day 19

Part of the Elul Heshbon is how we use the physical. Set aside some time to do think through how you use your physical gifts: your money, getting enough or too much sleep, eating to energize yourself, relaxing when necessary and not unproductively.

Day 20

For Parents take out the photo album and find a picture of each child that makes you feel lots of love. As you do try to identify what that child needs from you specifically, and write it down. For non-parents, do the same with other loved ones.

Day 21

Look over yesterday's list, and write down what is the main impediment keeping your from being able to give to each child/ loved one consistently.

Day 22

Spend some time with a halacha sefer.

Please list any areas you feel lacking to make your Rosh Ha Shana preparations complete. (eg. No time to pray or go to a shiur)

Write it down and go share it with your friend, loved one or soul mate.

Day 23

What is one way you can help your self?

Day 24

Grab the art scroll machzir and take a few minutes to read about the 13 midos of rachamim.

Day 25

What is the biggest lesson H' has taught you this year?

After dinner take a few minutes and review the words of prayer in the Rosh Ha Shana siddur.

Day 26

What do you think you can take out of that lesson?

-List 5 ways you may be able to approach a tikun (correction) from your side

Day 27

-Take 5 to 10 minutes to go away from everyone and be in a bubble with Hashem and speak about whatever you need

Day 28

Like a *Kalla* (bride) before her wedding day, take a pad and write down all which you wish to prayer for – for yourself and others. Include a section to thank Hashem for gifts and challenges He has given you. Also include any areas you need help with to be able to do your job according to Hashem's will as you understand it.

Erev Rosh Hashanah

If you haven't yet done it, make time to write or download a shir. If it is not working out then ask your besheret or friend for help to take this time.

We say Oni L'dodi means I take steps to come close. This should produce a response of L'dodi Li. If you feel that Hashem is indeed helping or coming closer to you then thank Him and redouble your requests for His Help. We see that all the Tsadikim asked for big gifts when they felt H' was close. However if you feel He is still not coming close share with Him your pain of feeling distant and ask him to reveal to your eyes the truth of V'Dodi Li.

First Day of Your New Year

Remember that no matter what is going on you'll always win by using your natural strength and midah to rise above any annoyances.

When you daven take your list and know that even if you have no kavana, the *emet* is that Hashem hears you. Knowing this with clarity— that it does not depend on you but

only on Him—will allow your prayers to be accepted. So afterwards be happy and assume your prayers have been answered.

Rosh Hashanah 2

- Take a 10 minute walk by yourself, and collect your thoughts. If you are a wife ask your husband to watch the kids so you can take a 10 minute walk by yourself, and collect your thoughts.

-Remember that no matter what is going on you'll always win by using your natural strengths to rise above any annoyances. Also remember that Hashem wants you to succeed, no matter what you are being tested with.

-When you daven take your list and know that even if you have no kavana, the emet is that H' hears you. Knowing this with clarity—that it does not depend on you but only on Him—will allow your prayers to be accepted. So afterward be happy and assume they have.

The Day After Rosh Hashanah - The Fast of Gedalia

Today is about making Rosh Hashanah real.

-Review your journal and list three insights that you sense you need to act on for the year to be one of bracha for your and your family.

Is there a single action or behavior in the four areas (below), which you would like to trial by doing during the 10 days of Tshuva. By doing this (without making any commitments, i.e. say *bli neder*) you will see whether this is a good action you want to take on from Yom Kippur onwards

The Main Gifts I am Grateful for are:

In Ruchnios (a spiritual gift): _____

Relationship: _____

Mida (a character trait): _____

Koah (a natural strength): _____

4th day of 10 days of Tshuva

-Is there a book or tape or essay you want to read. If so arrange to have it ready and set a time to do it in your planner now.

5th day of 10 days of Tshuva

Please list anyone you may want to make amends with. Please list any individuals you may owe money from?

-Please open the siddur, and spend 10 minutes reviewing the prayers, and reading any commentaries that speak to you.

6th day of 10 days of Tshuva

Try to be in touch with anyone with whom you want to make amends. If you owe someone something try to return it or at least inform them of your plan to return it.

7th day of 10 days of Tshuva

- Is there any one in your heart whom you need to forgive?
- Is there anyone in your heart against whom you are holding Hakpadas (harsh feelings). If so try to imagine them as a little baby when they were totally innocent and forgive them or have mercy and good will for them in your heart.
- Now you may imagine yourself as an innocent baby and try to have mercy and let go of any harsh feelings and judgments you may hold against yourself.

8th day of 10 days of Tshuva

Take a paper and pencil and spend a few moments to look through the *Al Hets* and *vidui* (*confession*). See if anything comes to mind that you want to ask forgiveness for and write it down.

-- As you read and look at you wrote—try to decipher if there is one main mida or action underlying the other actions (e.g. anger, lust, weak emuna, impatience, etc). If so make that one mida the focus of your tshuva on Yom Kippur.

Erev Yom Kippur

If there is anything you are considering taking on try to figure out a way to do it so that you won't fail. For example: This year I will set an alarm to go off daily reminding me to check mark if I smiled at my son when he came home. I will check my list 4 times a week till Chanukah.

Yom Kippur

Trust that if do the slightest Tshuva, H' will wash away the past. To really secure a new path forward take on the tiniest change H' will open the gates for you. Make sure to make your deal by Neila, and trust you'll have a great year!

