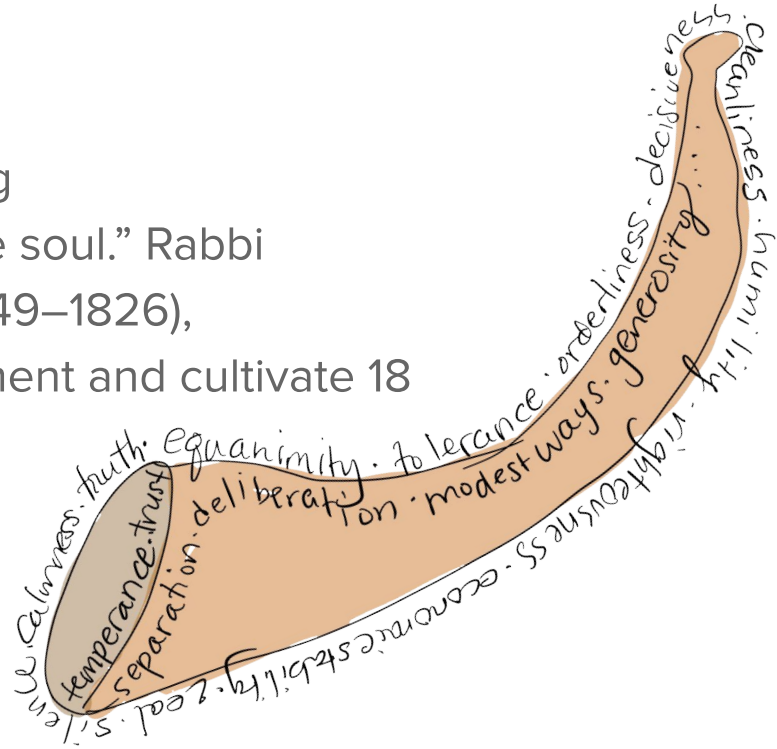


Journaling for the Soul

A Five Week Exploration
Week Three - September 15, 2020
Leaders: Elizabeth and Sophia Gaynes

Why Now?

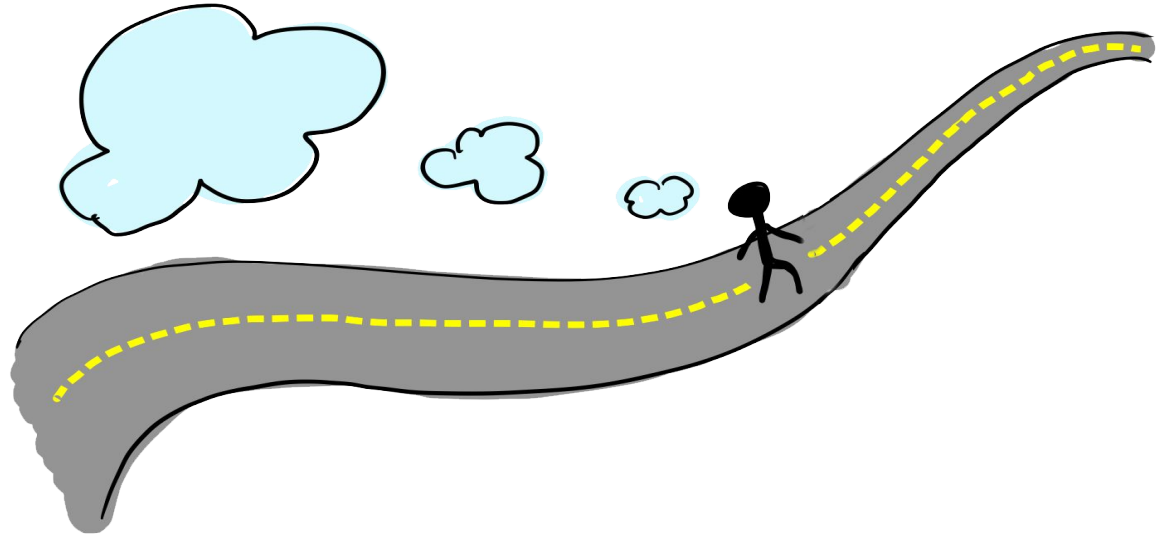
- As we enter Rosh Hashanah, we will look at two themes that form the purpose of the High Holy Days
- Teshuvah - Return
- Cheshbon HaNefesh - A Spiritual Accounting
 - Literally translated as “accounting of the soul.” Rabbi Menachem Mendel Lefin of Satanov (1749–1826), encouraged keeping a journal to document and cultivate 18 attributes within oneself.



Week Three: Writing with Intention

“You are wherever your **thoughts** are, make sure your **thoughts** are where you want to be.”

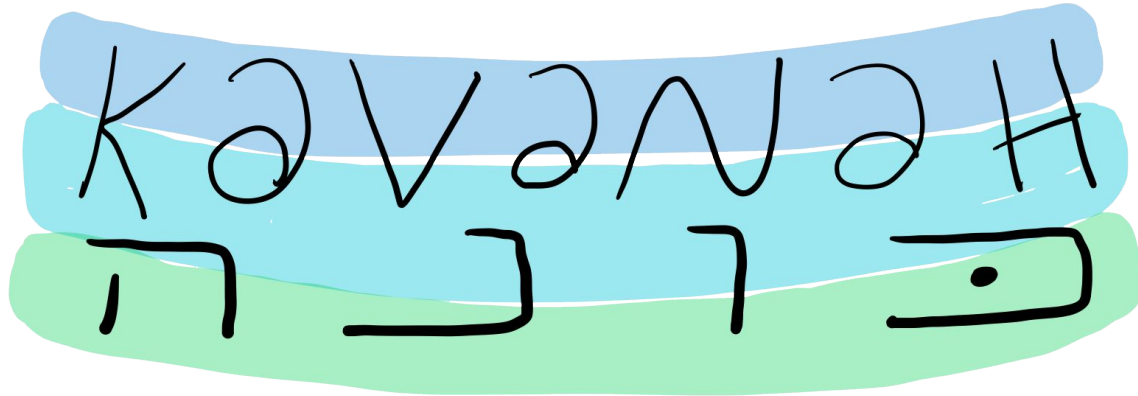
- Rebbe Nachman



Setting Your Intention

Choose three questions from the next slide that resonate with you.

“Resonate” can mean that it sounds easy... or challenging.



Write one prompt at the top of each page (or section) for a total of three prompts.

The Questions

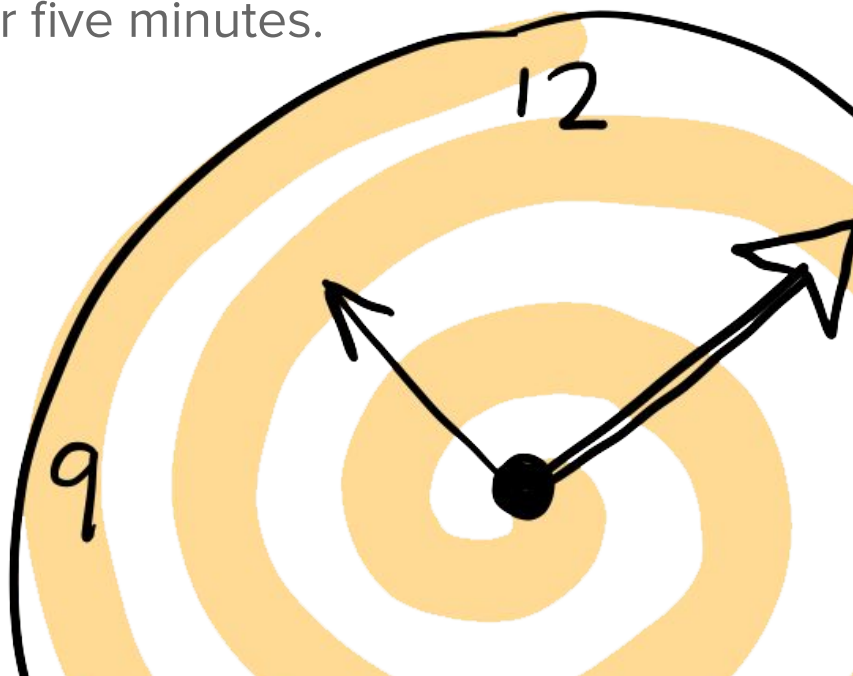
- *Reflecting on this past year, what do I regret? What am I most proud of?*
- *How did I spend my resources (time, money, energy, etc) in ways that reflect my best self?*
- *In this moment, from whom must I ask forgiveness?*
- *To whom must I offer my forgiveness (regardless of outcome)?*
- *Looking forward, how can I let go of what I don't need from this past year?*
- *What do I want to practice, seek, or commit myself to this year?*

Week Three Exercise - Quick Write

Write for five minutes to one prompt and see where your pen takes you!

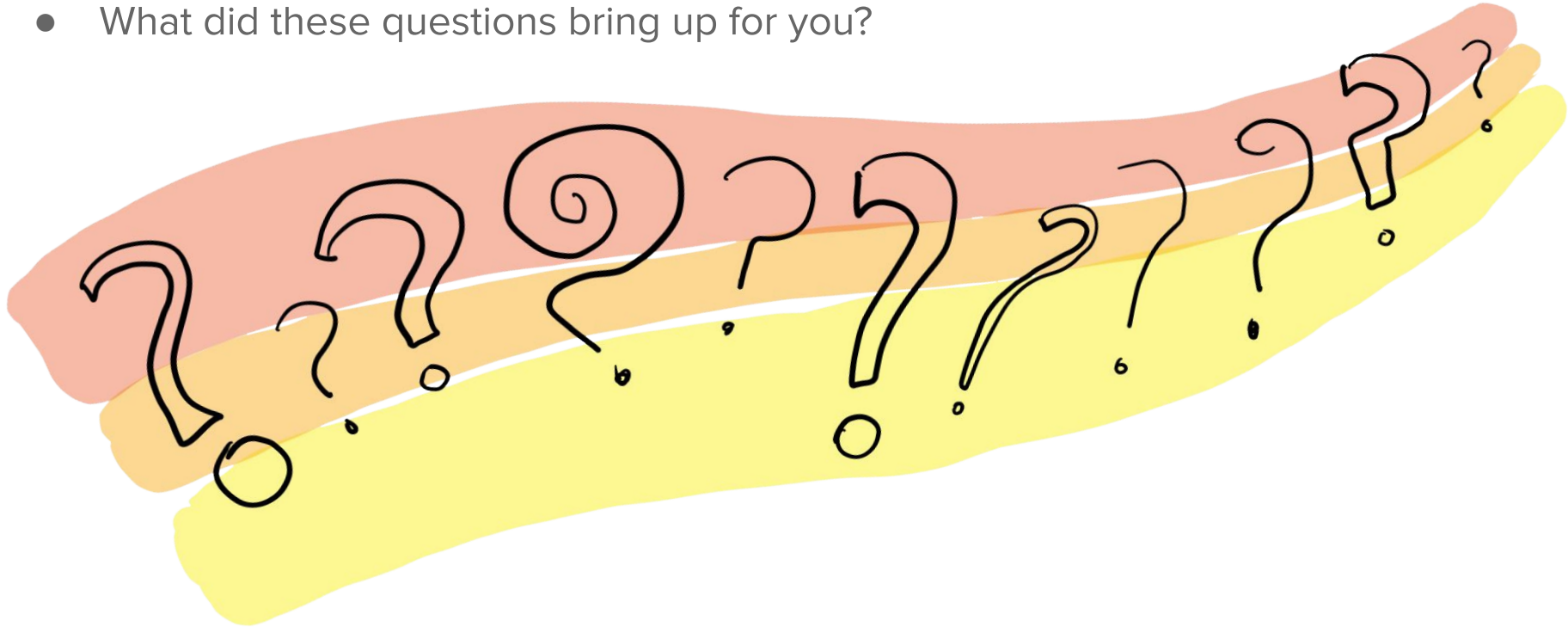
Then, switch prompts and write for another five minutes.

Rinse and repeat.



Reflection

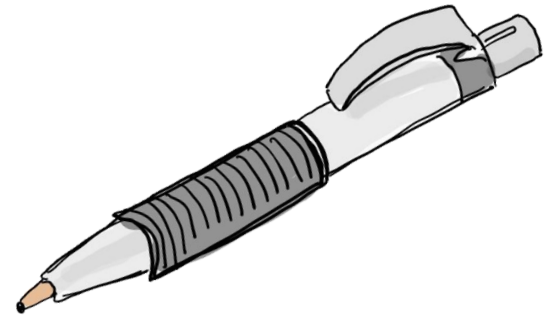
- How was that?
- What did these questions bring up for you?



Week Three Homework

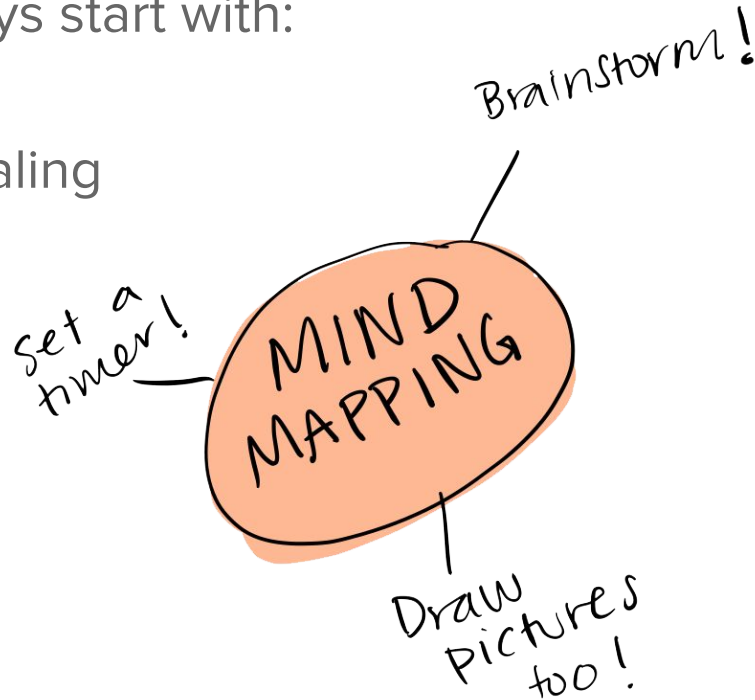
- Try writing from a prompt
 - Who is G-d to you? If not G-d, who will you be in conversation with these High Holy Days?
 - If I could go back and make one decision differently, what would it be?
 - Top ten people to whom you'd like to apologize and why.
 - Choose one person and write them a letter to clear up a misunderstanding
 - What will I do better this coming year?
 - How can I find more quiet, calm, stillness in my life?
 - What would I sacrifice to change the world?

writing

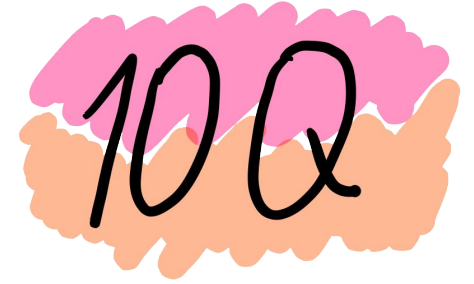


Week Three Homework

- If jumping straight from prompt to writing is not working for you, remember you can always start with:
 - Mind Mapping
 - Visual/Sketch Journaling
 - Quick Writing



Extra Credit



10Q: Reflect. React. Renew.

Life's Biggest Questions. Answered By You.

10Q is a project of Reboot, an arts and culture non-profit that reimagines and reinforces Jewish thought and traditions.

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One question per day between Rosh Hashanah and Yom Kippur