

ELUL MEME & JOURNALING PROJECT

August 21

If you believe breaking is possible, believe fixing is possible.

Nachman of Bratslav

- What is something in your life that you perceive needs fixing?
- What might it look like if it was "fixed"?

August 22

It is the ability to choose which makes us human.

Madeleine L'Engle

What is a difficult choice you made this year?

What values informed your decision?

August 23

Anyone who has never made a mistake has never tried anything new.

Albert Einstein

- What new things did you try this year?
- What did you avoid trying this year that you wish you had tried?

August 24

Too many people overvalue what they are not and undervalue what they are.

Malcolm Forbes

- Think of a strength or skill you possess. How does this strength add value to your life? To the lives of the people around you?

August 25

Things which matter most must never be at the mercy of things which matter least.

Goethe

- What keeps you from focusing on the things that matter most?
- What things or moments mattered the most to you last year?

August 26

In Judaism, to be without questions is not a sign of faith, but a lack of depth.

Rabbi Jonathan Sacks

- What big questions did the last year raise for you?
- Where or to whom do you turn for potential answers to difficult questions?

August 27

The time is always right to do what is right.

Martin Luther King

- What events in the past year inspired you to step forward or speak up?
- What helps you understand what is "right" in any given situation?

August 28

Teach your tongue to say, "I do not know," and you shall progress.

Maimonides

- What situations challenged you in the last year?
- Were you able to ask for help? Why or why not?
- What are you comfortable not knowing? Why? What are you least comfortable not knowing? Why?

August 29

I am only one, but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do.

Helen Keller

- What is a "something" you did this year? What motivated you to do it?

August 30

The hardest arithmetic to master is that which enables us to count our blessings.

Eric Hoffer

- What blessings can you count over the past year?

August 31

Forgiveness is the key to action and freedom.

Hannah Arendt

- How does forgiveness lead to freedom for both the forgiver and the forgiven?
- What anger are you holding on to? What freedom might you find by letting go of that anger?

September 1

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Victor Frankl

- What are the stimuli in your life that provoke a response in you that you wish to change? How might you work on that response this year?

September 2

Worrying does not empty tomorrow of its troubles, it empties today of its strength.

Corrie Ten Boom

- What worries drained you this year?
- How might you let your worries take less of your energy?

September 3

The meaning of life is to find your gift. The purpose is to give it away.

Pablo Picasso

- What gift did you share with others this year?
- What gifts did you receive from others this year?

September 4

But we can't live in the light all of the time. You have to take whatever light you can hold into the dark with you.

Libba Bray

- During difficult times, what brings you light?
- How do you summon the light when you feel darkness?

September 5

What we don't recognize is that holding onto resentment is like holding onto your breath. You'll soon start to suffocate.

Deepak Chopra

- In which areas of your life have you been holding onto resentment?
- How might you take steps to let go of that resentment?

September 6

Forgiveness is the experience of peacefulness in the present moment. Forgiveness does not change the past, but it changes the present.

Frederic Luskin

- How might this teaching influence how you ask for, or grant, forgiveness?

September 7

Instead of saying 'I don't have time' try saying 'it's not a priority'... changing our language reminds us that time is a choice. If we don't like how we're spending an hour, we can choose differently.

Laura Vanderkam

- In the year ahead, what do you want to spend more time doing?
- How can you change your language to help make that happen?

September 8

I am not afraid of storms, for I am learning to sail my ship.

Louisa May Alcott

- In the last year, can you identify something difficult that became easier for you to handle over time?
- What new learning has made you less afraid?

September 9

Insisting on doing everything yourself burdens you and prevents others from feeling valuable and needed.

Julie Morgenstern

- Can you identify an area of your life where you have trouble giving up control?
- How might you involve other people in that area of your life in the coming year?

September 10

Never ruin an apology with an excuse.

Benjamin Franklin

- When have your apologies included excuses?
- What purpose does the excuse serve for the person giving the apology?

September 11

These mountains that you are carrying, you were only supposed to climb.

Najwa Zebian

- What is the difference between climbing a mountain and carrying it?
- What metaphoric mountains did you carry this year? How was the experience of them different than you imagined?

September 12

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.

Rabbi Harold Kushner

- What good can you find in a challenging situation you are experiencing right now?

September 13

Never give up on a dream because of the time it will take to accomplish it; the time will pass anyway.

Earl Nightingale

- What dreams do you hold now that seem too difficult to accomplish because of time?
- What first step can you take toward that dream?

September 14

There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.

Elie Wiesel

- Of all the injustices in the world, what injustice pains you the most right now?
- What forms of expression does your protest take?

September 15

Do what you can, with what you have, where you are.

Teddy Roosevelt

- What do you have? What can you do?
- In the coming year, how do you hope to make change in your community?

September 16

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw

- How did your thinking evolve this year?
- What caused you to change your mind about any particular issues or beliefs?

September 17

We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better.

JK Rowling

- Choose one problem in the world you would like to change. What would it look like for that problem to be better?

September 18

Just as we love ourselves despite the shortcomings we have, so should we love others despite the shortcomings they have.

Baal Shem Tov

- Think of a family member's shortcoming that bothers you. How might you pay less attention to that shortcoming in the coming year?
- If you have a hard time looking past your own shortcomings, how might you be kinder to yourself in the coming year?