

KICK-ASS ROSH HASHANAH PERSONAL ROADMAP

The start of the Jewish New Year is a great time for soul-searching, and the Personal Roadmap is a perfect starting point. For some of us at JewBelong, it's the most thought-provoking part of the holiday. The Personal Roadmap challenges us to consider the past year and think about how we'd like to move our lives forward. It can even be transformative, especially when shared with a group.

1. ASK YOURSELF IMPORTANT QUESTIONS

Like a mini-spiritual workout! You don't have to answer every question, but tackling a few is impactful.

- 1) When do I feel that my life is most meaningful?
- 2) What would bring me more happiness than anything else in the world?
- 3) What are my three most significant achievements in the past year?
- 4) What are my biggest mistakes in the past year?
- 5) What project or goal, if left undone, will I most regret a year from now?
- 6) If I knew I couldn't fail, what would I try to accomplish?
- 7) What is the most important decision I need to make this year?
- 8) What important decision did I avoid making last year?
- 9) Over the last year, did my most important relationships become closer and deeper, or was there a sense of stagnation and drifting?
- 10) What can I do to nurture those relationships this year?
- 11) If I could change one thing about myself, what would it be?
- 12) Are there any ideals I'd be willing to die for?
- 13) If I could live my life over, what would I change?
- 14) What do I want written on my tombstone? And how do I begin living that way now?

Adapted from "Rosh Hashanah/Yom Kippur Survival Kit" by Rabbi Shimon Apisdorf

2. A QUOTE TO INSPIRE YOU IN THE NEW YEAR

Spend some time looking at quotes to motivate and refresh! If you are celebrating with family or friends, bring a quote to share. Here are some to get your jew-ces flowing!

"You are never too old to become younger." - Mae West

"In some families, 'please' is described as the magic word. In our house, however, it was 'sorry.'"
- Margaret Laurence

"Making the decision to have a child — it's momentous. It is to decide forever to have your heart go walking outside your body." - Elizabeth Stone

“Everyone is entitled to his own opinion, but not his own facts.” - Daniel Patrick Moynihan

“Be always at war with your vices, at peace with your neighbors and let each New Year find you a better man.” - Benjamin Franklin

“Some cause happiness wherever they go; others whenever they go.” - Oscar Wilde

3. CHECK OUT THESE GREAT VIDEO LINKS

- 1) Pause Before You Post
- 2) I Forgive You
- 3) Street Shofar
- 4) All We Are Saying
- 5) The Chinese Bamboo
- 6) The Maccabeats - Book of Good Life

