



REFLECT & RENEW

**A 2021 JOURNAL
FOR POSITIVE
CHANGE**

OPPORTUNITIES FOR REFLECTION & GROWTH

Jewish tradition invites us to engage in an annual self-improvement project. The Jewish New Year experience focuses on heshbon ha-nefesh – an accounting of the spirit. During the High Holiday season – from the Hebrew month of Elul through Yom Kippur – we are encouraged to take stock of our strengths, reckon with our vulnerabilities, and turn our hearts toward becoming the best version of ourselves we can be. This can be a humbling, daunting, and even uncomfortable journey, but the promise is that when healing the brokenness in ourselves, tikkun ha-nefesh, we are also repairing the entire world – tikkun ha-olam.

Embryo to baby to infant to child to adolescent to adult to elder, life by nature is a transitory experience. How do we navigate our way through these shifts? What can we learn about being true, flexible, resilient and gracefully accommodating through introspection? How have our stories unfolded up to this point, and what might await us in the future? To guide the way, here's a journal and some questions that we offer as a gift for reflection and renewal.

Shanah Tovah! May you have a meaningful entry to the New Year!

MAGGID JHOS SINGER

GET COOKIN'

IRVING'S SAVORY CHALLAH FRENCH TOAST

INGREDIENTS

1 challah, sliced
2 eggs
2 garlic cloves
1 tbs olive oil

Salt and pepper to taste
Optional toppings: avocado,
cheese or a fried egg

DIRECTIONS

1. Cut the challah into slices between ½ and 1 inch.

Irving's Pro Tip: While fresh challah is great to use, stale challah works best for French toast.

2. Mince the garlic.

3. Crack one egg for every two slices of challah. Beat the eggs with the garlic, pinch of pepper, and salt to taste, until blended.

Irving's Pro Tip: Go light on the salt, as the garlic adds a lot of flavor. Feel free to add other seasonings and herbs or anything you fancy.

4. Coat the challah slices with the egg mixture, turning over, making sure all sides of the bread are adequately covered.
5. Heat a skillet with the olive oil over medium heat. Once oil is hot, place challah slice in the skillet and cook undisturbed, 2 - 3 minutes on both sides.

Irving's Pro Tip: You can judge by the color of the French toast whether it is finished cooking or not.

Recipe provided by Irving of Irving's Premium Challah.

**WHAT CHANGES HAVE THERE
BEEN WITH MY HEALTH AND
WELLNESS OVER THE PAST YEAR?**

**WHAT CHALLENGES IN MY
CURRENT LIFESTYLE DO I
WANT TO OVERCOME?**

HOW DO I MAINTAIN MY MENTAL HEALTH AND SELF-CARE?

WHAT WILL I ADD TO MY SELF-CARE ROUTINE AS LIFE OPENS UP IN THE YEAR AHEAD?

WORK-LIFE BALANCE

ONE-MINUTE MEDITATION

It only takes one minute to change your day. Try these steps to break up your daily routine and leave you feeling refreshed:

Close your eyes

Put your arms on your lap or
on a chair's armrest

Breathe slowly

Focus on your breathing

If your mind slips away to work on a
problem, gently direct it back to
your breathing

Count each breath to help keep
your mind from wandering away

After a minute of mindfulness, jump back
into work with a refreshed set of eyes

HOW HAS THE PAST YEAR CHANGED MY UNDERSTANDING OF WORK-LIFE BALANCE?

WRITER'S BLOCK?

Am I working too much? Am I not able to work enough?

**WITH ALL THE OPPORTUNITIES
ON THE HORIZON, HOW DO
I PRIORITIZE THE THINGS I
WANT TO DO?**

WHAT NEW SKILLS HAVE I GAINED THIS YEAR?

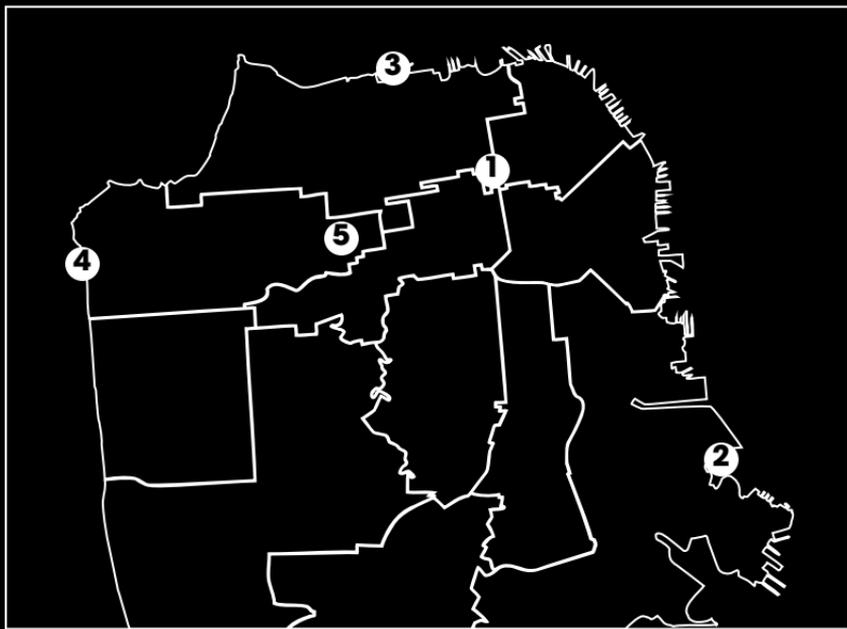
WRITER'S BLOCK?

What new things have I been inspired to learn this past year?

WORK-LIFE BALANCE // 10

THE BEST THINGS IN LIFE ARE FREE

FIVE THINGS TO DO IN THE CITY:



1. TASTE TEAS IN CHINATOWN
2. VISIT THE ECOCENTER AT HERON HEAD PARK
3. EXPLORE THE WAVE ORGAN AT CHRISSEY FIELD
4. SEE THE CAMERA OBSCURA AT OCEAN BEACH
5. PICNIC AROUND STOWE LAKE IN GOLDEN GATE PARK

HOW AM I HANDLING MANAGING MY TIME, ENERGY AND MONEY RIGHT NOW?

WRITER'S BLOCK?

Am I able to give? Am I comfortable with receiving?

RESOURCES // 12

**WHAT ARE THREE COMMITMENTS
I CAN MAKE IN THE YEAR
AHEAD TOWARD CREATING
A MORE JUST SOCIETY?**

FAMILY FIRST



**WHAT DOES A “HAPPY
FAMILY” LOOK LIKE TO ME?
DRAW IT ABOVE!**

WHAT RITUALS HAVE MY FAMILY RELIED ON OR CREATED IN THE PAST YEAR?

WRITER'S BLOCK?

Has ritual played a role in increasing our family's connection?

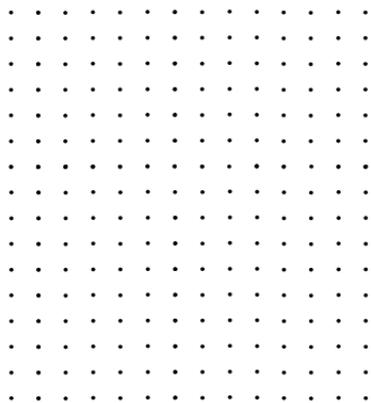
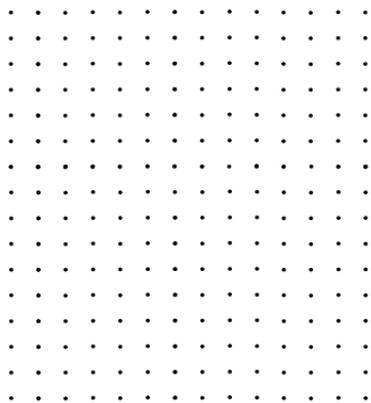
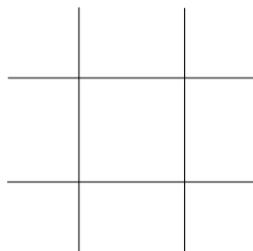
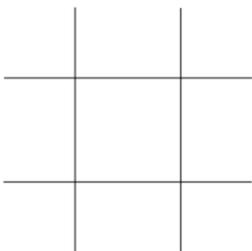
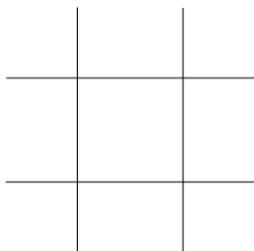
**HOW WILL I CONTINUE TO
CONNECT WITH FAMILY, EVEN
AS I SEE THEM IN PERSON?**

**WHAT ARE THE UNEXPECTED
CONNECTIONS I VALUE THAT
I CREATED THIS PAST YEAR?
HOW MIGHT I HOLD ON TO
THOSE IN THE YEAR AHEAD?**

IT TAKES TWO

FIND A FRIEND & PLAY

Tic Tac Toe and Dots - games that need a buddy



WHAT ROLE DO FRIENDS PLAY IN MY LIFE?

WRITER'S BLOCK?

Who are two people I want to spend more time with?

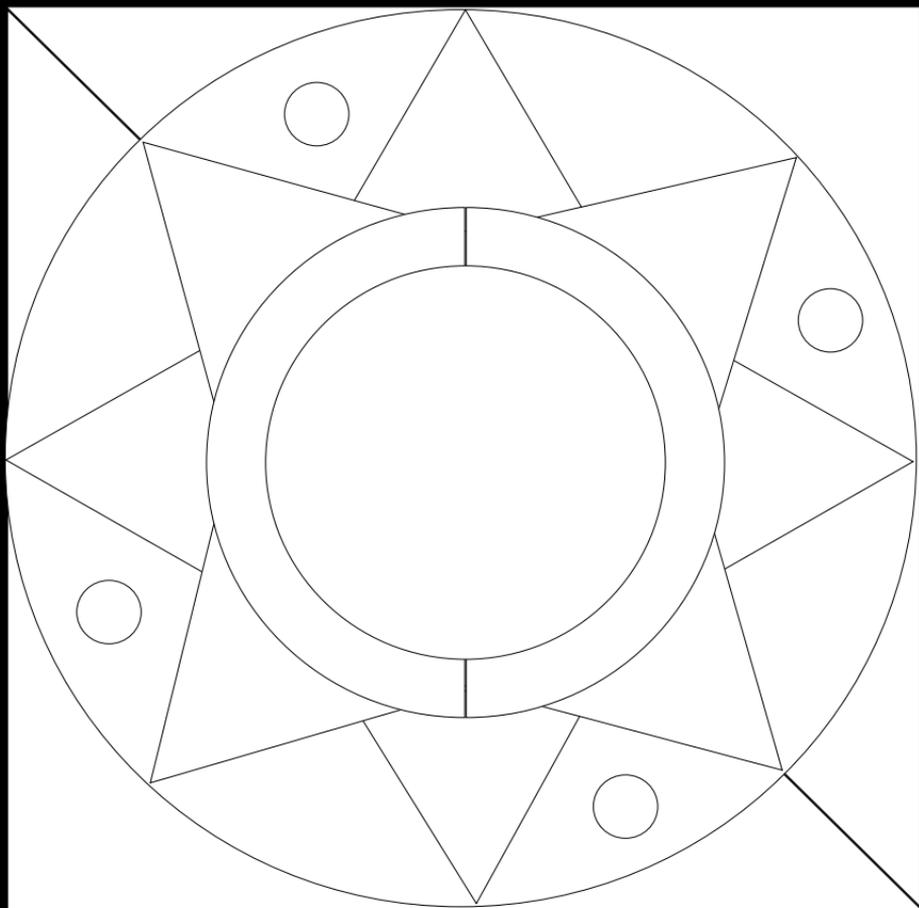
WHAT NEW COMMUNITIES HAVE I FOUND MYSELF IN THIS YEAR?

WHAT COMMUNITIES AM I LOOKING FORWARD TO MEETING WITH IN PERSON?

JOY

LIVE COLORFULLY

Color in the mandala below to create your own masterpiece



WHAT ARE FIVE THINGS THAT BROUGHT ME JOY DURING THE PANDEMIC?

WRITER'S BLOCK?

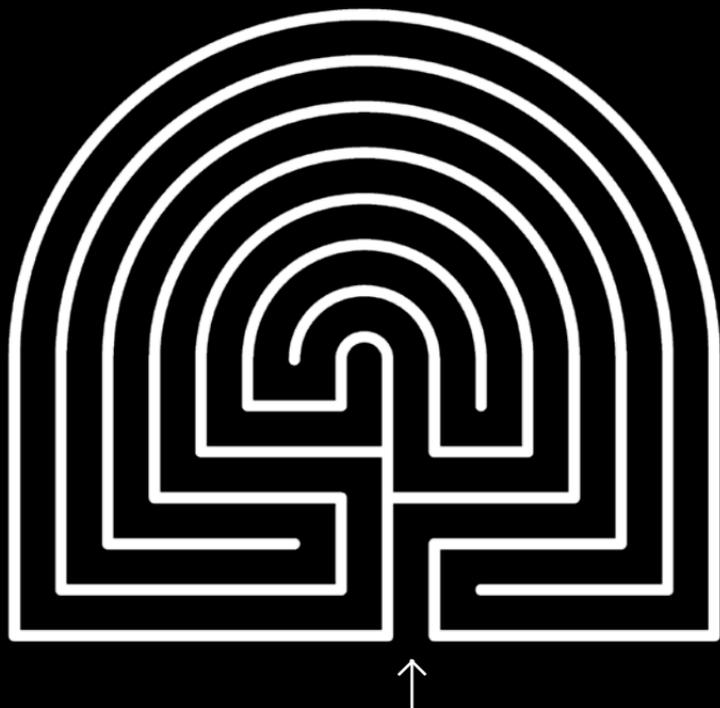
Are there things I am currently grateful for that I want to continue in my "post-pandemic" life?

**AM I GIVING THE THINGS THAT I
LOVE OR FIND BEAUTIFUL
ENOUGH TIME IN MY DAILY LIFE?**

SPIRITUALITY

TAKE A DEEP BREATH

With your finger, slowly trace the path of the labyrinth, and allow your mind to clear, until you reach the center



**WHAT ARE THE TOP THREE
THINGS I AM MOST GRATEFUL
FOR IN MY LIFE?**

**WHAT UNSUPPORTIVE
THOUGHTS WOULD I LIKE TO
RELEASE FROM MY MIND?**

**IS THERE ONE SPIRITUAL
PRACTICE I'D LIKE TO
TAKE ON IN THE NEXT THREE
MONTHS? WHAT WOULD IT BE?**

LOVE FINDS A WAY

“I LOVE YOU”

No matter how you communicate, you should let others know you care. Here are a few ways:

ARABIC

Ana bahebak

AMERICAN SIGN LANGUAGE



FRENCH

Je t'aime

ITALIAN

Ti amo

GERMAN

Ich liebe dich

HAWAIIAN

Aloha au ia 'oe

HEBREW

Ani ohev otach

JAPANESE

Aishiteru

MANDARIN

Wo ai ni

RUSSIAN

Ya lyublyu tebya

SPANISH

Te amo

HOW EASY IS IT FOR ME TO BE LOVED? HOW EASY IS IT FOR ME TO LOVE OTHERS?

WRITER'S BLOCK?

What are different ways I can show my love to others and myself?

**WHAT ARE FIVE THINGS I LOVE
ABOUT MYSELF THAT I WANT
TO HOLD ON TO IN THE
YEAR AHEAD?**

