

# Aseret Y'mei Teshuvah: The Ten Days of Re-turning and Re-tuning by Rabbi Amy Grossblatt Pessah

Based on the teachings in my book, *Parenting on a Prayer: Ancient Jewish Secrets for Raising Modern Children*, I invite you to spend a few minutes each day reflecting on your journey over this past year.

**SEPT 19/TISHREI 1-** List the blessings that you can find in your life.

**SEPT 20/TISHREI 2-** What new kinds of learning have you sought out this past year? What new areas might you want to explore in the future?

**SEPT 21/TISHREI 3-** What are the things in your life for which you are grateful? How do you express your gratitude?

**SEPT 22/TISHREI 4-** In what ways do you strive for peace? Inner peace? *Shalom bayit*—peace in your home? Peace in your community? Peace in our world?

**SEPT 23/TISHREI 5-** Think about the role that trust plays in your relationships. How does it manifest in your relationship with your children?

**SEPT 24/TISHREI 6-** What kinds of boundaries do you construct in your life? Do they feel adequate? If not, how might you work to recreate new boundaries?

**SEPT 25/TISHREI 7-** List some joyful times you have experienced. Who were you with? How do you share and experience joy in your family?

**SEPT 26/TISHREI 8-** When do you feel most loved? How do you show love to other others?

**SEPT 27/TISHREI 9-** Do the responsibilities that you have in your life feel manageable or overwhelming? How might you be able to make adjustments to create more balance, if needed?

**SEPT 28/TISHREI 10-** What is your current understanding of God? Are you comfortable discussing God with your children? If not, jot down questions you might have about God and find a teacher who can help you answer them.

Each year between Rosh Hashanah and Yom Kippur, Jews spend the ten intermediate days reflecting upon the past year. This year has been a year like no other, filled with events that are forcing us to wake up and examine our lives and, hopefully, motivating us to envision a better world for all beings who share the planet.

