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.