Cheshbon HaNefesh

Accounting of the soul & the relationships that matter most

Jewish tradition can be understood as a practical path to self-actualization, to the development of our character and the capacity to act more consistently in accordance with our highest selves. Metaphysically-speaking, the high holiday season is considered an auspicious moment for the practice of *Cheshbon HaNefesh* (literally, an accounting of the soul). Basically, it’s a balance sheet of your spiritual highs and lows from 5780 that will position you to manifest an even richer 5781. Sounds intimidating? It’s actually pretty straightforward: Get a blank journal, find some quiet space, and use the prompts above as a jumping off point from which to reflect on the past year and your place within it. When you are finished, take some time to consider your accounting, whether you are ready to make any adjustments to your life for 5781, and any support you might need along the way.