

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.

Did I grow closer to the people I care about last year? Or farther a part?

Am I carrying any grudges from last year?

Did I speak badly or use harsh language toward or about anyone last year, whether or not they knew? Did I gossip? If so, was the impact direct or indirect?

What felt out of my control last year that prevented me from living as my highest self?

Did I lie or lead anyone astray last year? Did I embarrass anyone?

How could I have been a better partner, friend, or family member?

Could I have moved through the world in a more mindful or responsible way in 5780?

What were my biggest vices in 5780? How did I treat my body last year? How did I treat other people's bodies?

What made it hard for me to show up for others in the ways they deserved?

How could I have improved the atmosphere in my home?

How did I treat the environment in 5780?

When did I feel most balanced in 5780?

For whom am I most grateful, and why? Are they aware that they impacted me?

In what areas of my life was I the most successful in 5780?

What is my perspective on life, and what is most important to me?

Do I owe anyone an apology? Am I in need of any apologies?