



# TEEYUL THROUGH ELUL 5781

## August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Elul 1 - PREPARE ***** Make a list of 3 people to whom you want to apologize. Schedule a time to call, text, or FaceTime with them.	22 Elul 2 - ACT ***** Teshuva/Repent: Write of a moment you felt connected to someone or something.
23 Elul 3 - SEARCH ***** Write of a behavior you want to change in the Year ahead.	24 Elul 4 - UNDERSTAND *****Reach out to Someone to whom you haven't spoken in a while	25 Elul 5 - ACCEPT ***** Write a real letter to someone you've been missing during this time.	26 Elul 6 - KNOW ***** Make a playlist of songs that make you feel brave.	27 Elul 7 - BE ***** Write a prayer by finishing these phrases: I am in awe of... I hope for... I need strength to...I am thankful for...	28 Elul 8 - HEAR *****Name a place that makes you feel grateful.	29 Elul 9 - SEE ***** Make a playlist of songs that make you feel hopeful.
30 Elul 10 - COUNT ***** Post a picture of a place that gives you hope.	31 Elul 11 - TRUST ***** Name a place that has amazed you.					