שָׁנָה טוֹבָה

Shanah Tovah

Personal Inventory T'shuvah Worksheet

Year 20_____ 57____

Change	*Repeat*

How to use this Selichot Personal Inventory T'shuvah Worksheet

When we gather for Selichot, find a quiet space with no distractions.

You will have time to write down aspects of your life that you want to want to change. On the other column, write aspects of your life that you want to 'repeat'- to bring with you to the new year.

Then take the opportunity share these with at least one person in a Beit Hesed Circle of Compassion. Those in your Beit Hesed will keep each other in your prayers throughout the High Holydays.