

Between You and Hashem: Making your list & Starting the Teshuva Process

[illegible]

BETWEEN ME AND OTHERS

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2. Do teshuva right now for what you can

Teshuva isn't something saved for Yom Kippur — it can be done any day of the year, and ideally, as soon as possible after a mistake, rather than waiting.

Teshuva means admitting what happened, regretting it, and committing to change — and these 3 parts should be said out loud, as opposed to staying in one's thoughts.

Circle anything on your list that you can commit to in a moment — a one-time slip you can honestly resolve to never repeat, right now. That's what you can do teshuva for first. You can say the basic formula below out loud — you can change the words so they feel more natural and authentic. The goal is to say it out loud, slowly, meaning every word. One can say it more than once if that will help one do it with more sincerity.

*Hashem, here is what **I did** — or — **I didn't do**:*

I regret it. It was beneath me, and it took me backwards. I commit that, going forward:

CHOOSE WHICHEVER APPLIES

I will not do this again | ***I commit to it going forth.***

Have another item you'd like to do this for right now? Simply repeat this step, filling in the blank with the next item from your list.

3. What can't change in a moment

For anything that will take time — a pattern, a habit, a bigger life change — underline it on your list instead. You can do the exact same teshuva process for these too: admit it, regret it, and sincerely commit to it, right now, out loud. The only difference is what the commitment means here — not fixing it instantly, but genuinely committing to work on it.

You can admit, regret, and sincerely commit to every item you underlined, even though you won't be able to get everything aligned in one instant. You just won't be able to actively work on all of them at the same time — so from everything you've committed to, choose the one you'll start with first.

Schedule your first step

Pick the first thing you'll practically work on, and decide the one concrete, doable step you'll actually take — and when.

WHAT I'M COMMITTING TO WORK ON FIRST

MY FIRST PRACTICAL STEP — AND WHEN
