

See Yourself as Hashem Sees You

Hashem's vision of what you can achieve and who you can become is bigger than the one you have of yourself. This exercise is about being brave enough to see yourself through His eyes instead of your own. It may feel a little uncomfortable or even scary at first — that's okay.

1. Find a quiet moment

Find somewhere you won't be interrupted. Close your eyes for a minute and imagine Hashem saying to you:

"I am with you always. I see the goodness and the greatness within you, and I love you."

Take a few moments to let those words sink in. Then write down any thoughts or feelings that come to you.

2. Let Hashem speak to you

Now imagine Hashem speaking directly to you. Write freely, as though these were His words to you. Don't worry about finding the perfect words or whether you're "doing it right." Simply write what comes to mind. If it helps, begin with one or more of these sentence starters:

- "Let me tell you how much I love you..."
- "Let me tell you the strengths and qualities I see in you..."
- "Let me tell you how much I believe in you..."
- "Let me tell you how much good I know you can bring into the world..."

3. Let Hashem look back over your year

Now imagine it's one year from today.

"Let's look at the year you've just lived. I'm so proud of you."

Write what you imagine Hashem saying about your year — your relationships, your spiritual growth and connection with Him, your character, your family, your health, your Torah learning and mitzvot, your kindness, your contribution to others, and anything else that matters to you. If it helps, begin each line with "I saw how you..."

- Relationships: “I saw how you...”
- Spiritual growth: “I saw how you...”
- Character: “I saw how you...”
- Torah learning: “I saw how you...”
- Mitzvot: “I saw how you...”
- Self-care: “I saw how you...”
- Helping others: “I saw how you...”
- Anything else that matters: “I saw how you...”

4. Close with a short prayer (optional)

Finish by talking to Hashem in your own words. You might thank Him, ask for His help, or ask Him to help you become the person He knows you can be.

Please share ElulTime.com — or this exercise from ElulTime.com — with someone who would appreciate it.