

ROSH
HASHANAH
RESET *Relationships*

ROSH
HASHANAH
RESET *Professional*

ROSH
HASHANAH
RESET *Values*

ROSH HASHANAH RESET

Next Steps

You've just completed the guided brainstorm audio experience, where you let your thoughts flow freely, capturing everything cluttering your mind—tasks, projects, worries, aspirations, and random thoughts. Now that it's all on paper, it's time to bring some order and clarity to what you've captured.

Step 1: Review (Do Not Take Action Yet)

- Review everything you captured during the guided brainstorm. Look at each thought, task, project, or responsibility and ask yourself: Am I able or willing to make progress on this over the next few months? It is fine if your motivation to make progress on this is due to excitement (I can't wait to start this), curiosity (I've always wanted to...) or fear (Ugh, I have to get this done).
- If yes, circle or highlight all the items in each major category of your life: Personal, Professional, Family/Relationship, Spiritual.
- Ignore (cross out) or defer low-value or non-essential items. They can wait.

Step 2: Organize

Take two of the highlighted tasks on each page and write them down on the Priority Matrix Chart on the next page.

Step 3: Define Next Steps

For each of the priorities you've identified, it's time to get specific. Don't just leave it as a broad intention. Write down the smallest possible action you can take that will begin to move this forward after Yom Kippur. Write down a First Action step for each of the tasks in each category on the next page on the same chart.

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Priority Matrix

RESET THEME	PROJECT/INTENTION 1	PROJECT/INTENTION 2
HEALTH		
FIRST ACTION		
PERSONAL		
FIRST ACTION		
GROWTH		
FIRST ACTION		
RELATIONSHIPS		
FIRST ACTION		
PROFESSIONAL		
FIRST ACTION		
VALUES		
FIRST ACTION		
SPRITUALITY		
FIRST ACTION		

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Step 4: Reflection and Adjustment

Once you've taken some steps, it's time to reflect. Do this weekly, whether in the lead-up to Rosh Hashanah or after Yom Kippur. This will help you assess what's working and where you need to pivot.

- What's Working?
- What Needs Adjustment?
- What would be helpful for me in order to be able to do this next step?
- Who can I reach out to for support?

Remember:

- Small Steps Lead to Big Results: Consistent, tiny actions create momentum and help you progress toward your larger goals.
- Review Regularly: This worksheet is designed for you to come back to again and again, adjusting as you go.

"A person is measured by their deeds, not by their words."

– Rabbi Shimon bar Yochai

"You are not obligated to complete the work, but neither are you free to desist from it."

– Pirkei Avot 2:21

"If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?"

– Hillel, Pirkei Avot 1:14

Henry David Thoreau:

"It's not enough to be busy. The question is: What are we busy about?"

Angela Duckworth, Grit:

"Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in, day out."

David Allen, Getting Things Done:

"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started."