

Ten Days

*Reflections for reviving,
renewing, and returning your soul
during the Days of Awe*

Workbook

Welcome!

Welcome to the *Ten Days* workbook.

This journal is the companion for the *Ten Days* book. We have provided the questions from each day in an easy designed format to help you capture your thoughts and feelings.

I encourage you to write your answers honestly and fully. Your thoughts, stories, and insights will help you uncover a better version of yourself. One that is ready to revive, renew, and return.

This workbook is formatted for double-sided printing. If you are printing single sided, remove the blank page after the cover and instructions.

--Brad

Day 1

Ten Days

When observed with intention, the Days of Awe can provide introspection, clarity, and guidance on what could be a better life. Yet, unlike an actual confrontation with death, they offer a second chance.

How would confronting death affect your priorities and behavior?

Who are the important people in your life? (To get started, focus on the 5 most important)

- How have you shown them that they are important?
- What is missing from your interactions? What can you change to better support each person's life, hopes, and dreams?

What would you do differently if you only had 10 more days to live?

- Where would you focus your energy and attention? What is stopping you from doing that now?
- Where would you leave your money? Why are you waiting? Who needs your *tzedakah* (צדקה)?
- What injustices would you strive to correct? Where can you start today?

Day 2

And You Shall Love

It took reflecting on the Days of Awe to realize that the key to holiness lies in all the other days of the year.

Teach them faithfully to your children. How do you see yourself reflected in your children's attitudes, beliefs, and actions? Which are you proud of? Which concern you?

Speak of them in your home and on your way. Who did your words lift up this year? Who did they hurt? How can you be more mindful and careful with your speech?

Bind them as a sign upon your hands. There is a saying suggesting that we "pray with our hands." Where and to whom could you have reached out a little more? When did you fail to act when you should have?

Let them be a symbol before your eyes. What did you pay attention to this past year? Where did you fail to pay attention? What injustices did you see but ignore?

Inscribe them on the doorposts of your house. What have you done to fill your home with love, support, safety, and comfort? When was your home less than ideal for one of your family members? What can you change moving forward?

Day 3

No Neutral

If I am not making things better, I am contributing to them being worse.

Is not being “bad” good enough?

Play a quick round of It’s a Wonderful Life . If you were not in the world this past year, what would be different?

Who or what is better off because you were here and why?

Who or what is worse off because you were here and why?

Now look ahead. Think about next year. How can you proactively ensure that the world is better off because you are in it?

Day 4

Who by me?

We are created in the image of God. This is often associated with our ability also to create. But there is a flipside. Like God, we too can destroy.

Try to think of situations where you inadvertently harmed someone's self-confidence or feelings. How did you react? What was your intention with the comment or action that caused harm? How did (or can) it influence how you interact with others moving forward?

Consider other ways that you might have unintentionally hurt others. How did you miss them in the moment? How could you have prevented them?

What are some positive steps that you can take to ensure that your interactions lift people up instead of tearing them down? How can you become more present and mindful when interacting with others?

Day 5

Here I am

*Missing the target
does not make us bad
or weak, it simply
makes us human.
Hiding from our
actions is where we
truly miss the mark.*

Which of your actions and behaviors are regularly called out by family, friends, or others? Why have you not corrected them? What makes it difficult to change?

What actions and behaviors do you regularly find yourself regretting after the fact? What stops you from catching yourself in the moment? How can you be more aware?

What actions and behaviors do you admire in others but not exhibit yourself? What stops you? How can you build those into your daily life?

Day 6

Believing is Seeing

My inability to clearly see others is fundamentally due to a lack of ability to see myself.

Think of the “\$5 bill” moments when you acted out of character or against your values. What triggered those actions? Who triggered those actions? Were those actions justified? Were they based in reality or perception?

Where are our biases as a society? For whom do we tolerate (or not see) injustice, poverty, harassment, hunger, or discrimination? How can you influence change at this broader level?

Make a list of the people who bother you the most. Start with people that you know directly (family, friends, co-workers). Then consider public figures (politicians, celebrities, business leaders). What patterns exist? Are those patterns based on their actions and behaviors? Or, might there be a hidden bias driving your feelings?

Day 7

Be Human

Acknowledging and accepting my humanity allowed me to accept and forgive others for theirs.

1Think back to your list of people from Day 5 – the ones who bother you most. Which of their actions and behaviors get under your skin? When have you exhibited similar behaviors? How is your response to those behaviors different when they are yours versus someone else's?

What would your family, friends, and coworkers say are your least admirable traits? How do you react when you see those traits in others?

Day 8

Waiting for Good

*Sometimes it feels
hopeless to expect to
change the world with
my individual actions.*

*But, to paraphrase
Pirke Avot :*

*I am not expected to
fully repair the world,
but I must not stop
trying (Avot 2:16)*

In what communities do you consider yourself a member? What do you do to help them thrive? Where do you need to put in more effort?

What can you do to be a better steward of the earth and the future generations who will depend on it? What is stopping you?

Day 9

Why Do I Care?

Admitting that I am intolerant or narrow-minded is hard. It is much easier to make it into a virtue.

Do you use caring as a weapon?

At home - When have you used the excuse of caring to keep family members from doing things because you disagreed with those actions or were concerned that you might be embarrassed by them? How can you better navigate those situations?

At work – When has your concern for your credibility or authority caused you to take a less-than-ideal position on an issue? How could you have handled the situation better? How can you be more open in the future?

In society – Are the social causes or political policies that you support 1) based on your concern for the people involved or 2) an attempt to get other people to think, act, or live like you?

Day 10

Atonement

Life is about tension and balance. Holiness is about not going too far in any one direction at the expense of another.

Are you ready to try again?

With whom do you still need to make amends?

What 3-5 things do you want to change in the coming year?

How will you make the most of the opportunity to change?