

Embracing "What's Next?"

Reflecting Before Acting Journal







Hineini – Here I am

Embracing "What's Next?"

Created by Ilene Berns-Zare, PsyD, ACC

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Board of Jewish Education of Metropolitan Chicago's Online Resource Center





Self-Inquiries

Date

Today I Learned

Today I wish I learned

Today I shared this teaching

I could have done this to make it a better day

How can I use my wisdom and experience to explore the next adventures in my life?

What are the most important lessons I have learned?



Self-Inquiries

What do I hope others would say they have learned from me?

Reflecting on the Day

Date

Today I Learned

Today I wish I learned

Whom and what resources are available as I contemplate next steps toward a thriving retirement/next life phase and aging wisely?

Today I shared this teaching

I could have done this to make it a better day

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Self-Inquiries

What do I value most?

Today I Learned

Date

Today I wish I learned

Today I shared this teaching

What do I want to learn more about?





How do I engage in conscious and deliberate growth in my own life?



Reflecting on the Day

Date

Today I Learned

Today I wish I learned

How do I remain connected to my inner vitality and life's possibilities?

Today I shared this teaching

I could have done this to make it a better day:

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Self-Inquiries

How can I share my wisdom and understandings with others?

Today I Learned

Date

Today I wish I learned

Today I shared this teaching

How can I continue to engage with the Jewish community when I'm no longer in a leadership role?

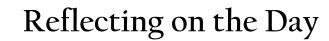








How can I awaken to grow more fully present to my past, my present, and the possibilities in my future?



Date

Today I Learned

How do I re-create myself, personally and as an educational leader in my community, at this point in my life?

Today I wish I learned

Today I shared this teaching

What is one intention (*kavanah*) and action I can begin this week?







Ayeka – *Where are you?*

Date

Today I Learned

Today I wish I learned

Today I shared this teaching

I could have done this to make it a better day:

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*Modeh Ani*Prayer When Waking

מוֹדֶה אֲנִי לְפָנֶיךּ מֶלֶךְ חֵי וְקַיָּם שֶׁהֶחֶזַרְתָּ בִּי נִשְׁמְתִי בְחָמְלָה, רַבָּה אֱמוּנָתֶךּ

I offer thanks to You,

Ever-living Sovereign,
that You have restored my soul to me in mercy:

How great is Your trust.



Reflecting on the Day

Date

Today I Learned

Today I wish I learned

Today I shared this teaching