



# Embracing “What’s Next?”

*Reflecting Before Acting  
Journal*





# Embracing “What’s Next?”

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



*Hineini* – Here I am





## Reflecting on the Day

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



## Self-Inquiries

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?

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



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## Self-Inquiries

What do I value most?

What do I want to learn more about?





## Self-Inquiries

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

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



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## Self-Inquiries

How can I share my wisdom and understandings with others?

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





## Self-Inquiries

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

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

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



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## *Ayeka – Where are you?*





## *Modeh Ani* Prayer When Waking

מוֹדֶה אֲנִי לְפָנֶיךָ  
מֶלֶךְ חַי וְקַיִם  
שֶׁהַחַיּוֹת בֵּי נִשְׁמָתִי  
בְּחִמְלָה,  
רַבָּה אֱמוּנָתְךָ

I offer thanks to You,  
Ever-living Sovereign,  
that You have restored my soul to me in mercy:  
How great is Your trust.



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