In Elul Bet, we respond to a variety of questions and statements that inspire introspection and promote self-awareness. Participants are challenged to identify their passions and priorities and to establish specific and realistic short- and long-term goals.

**GOALS**

- To enhance participants’ self-awareness by engaging in active introspection
- To encourage clarity regarding personal priorities and perspectives
- To develop and practice goal-setting skills

**ACTIVITIES**

- **Opening Ritual and Warm-Up**
- **Who Am I? An Introspective**
  Answering questions that promote self-awareness
- **Make It Your Mission**
  Developing and sharing personal mission statements
- **If You Will It, It is No Dream**
  Setting goals
- **Making Your Mark**
  Creating a bookmark as a reminder of personal goals and priorities
- **Closing Ritual**
  Singing *Im Tirtzu* and/or reciting the traditional “Prayer for the New Month”
PREPARE

☐ Read all materials.

☐ Secure a gathering location.

☐ Send Remember cards.


☐ Make several sample bookmarks, according to the instructions in “Create.”

COPY HANDOUTS

One copy per participant:

☐ essence of Elul

☐ Im Tirtzu: If You Will It

One copy on paper, and cut into strips:

☐ To Get You Thinking

ASSEMBLE MATERIALS

Stock Supplies

☐ Ritual Cloth (and fabric markers if part of your ritual)

☐ Rosh Hodesh candle, candleholder, matches

☐ Kipah (optional)

☐ CD or tape and player to use during craft or writing activities

☐ Group Guidelines poster

☐ Snacks

Additional Supplies

☐ Bowl or bag for distributing To Get You Thinking strips

One for each participant:

☐ Pad of paper

☐ Pencil

☐ Strip for bookmark (very thin leather or canvas, if available; bright cardstock if not)

☐ Markers

☐ Optional: hole punch and yarn for making tassels
Gather 

Beruhot Haba’ot: Coming Together, Creating Sacred Space

Welcome girls to the meeting for Rosh Ḥodesh Elul as they sit around the Ritual Cloth.

If applicable, process “Bring It Home” suggestions from the previous month.

*Distribute an Essence of Elul handout to each participant.

Ask a volunteer to lead the group in singing or reciting the “Creative Prayer for the New Month” as the host girl lights the Rosh Ḥodesh candle.

Invite the girls to identify the connection between the snacks and the themes of the months. Compare their responses to the “Food” section on the Essence Sheet.

Ask for a volunteer to recite the appropriate food blessing. (See Blessings sheet in binder pocket.)

Ask for a volunteer to lead the opening sharing:

Imagine yourself ten years from now. (Pause.) What are you doing?

Acknowledge the girls’ contributions.

Explore

Nahalateynu, Koloteynu: Our Inheritance, Our Voices

Who Am I? An Introspective

Review the Essence Sheet. Point out that, in anticipation of the High Holy Days, this month is a time of introspection.

Explain that in this meeting we will engage in a process of self-reflection and goal setting.

*Pass around a container in which you have placed slips of paper cut from the Get You Thinking handout.

Instruct each girl to pull out one of the questions. Proceed around the circle, allowing each girl to read and respond to the question she selected. Encourage everyone to think about how they would respond to each question.
REFLECT

Nidrosh: Seeking Meaning

Make It Your Mission

Explain to the girls that these questions were intended to help get them thinking about who they are or dream of becoming, and what they dream about and enjoy. This exercise is a “warm-up” to help prepare them to develop their own mission statement.

Explain that many organizations and companies develop such a statement of purpose that defines and guides them. A personal mission statement can do the same.

Point out that a personal mission statement is like having your own motto that states what you are all about. There is no formula—it can be a quote, a poem, an emblem or a line from a song. It should just reflect what matters to you.

Distribute pads and pencils. Allow about ten minutes for the girls to write their mission statements.

Invite the girls to share their statements.

DO

Na’aseh: Participate and Process

If You Will It, It Is No Dream

Point out any themes that emerge from the mission statements that connect to goal setting. Knowing what you enjoy doing, for example, can help define your career goals. Identifying what you care about can guide your interpersonal goals and choices.

Distribute the Im Tirtzu: If You Will It handout. Review the “S.M.A.R.T.” guidelines for setting goals. Ask the girls to select one goal (personal, academic, short- or long-term) and to apply these principles in completing the handout.

CREATE

Ma’aseh Yadeynu: The Works of Our Hands

Make Your Mark

Distribute strips for making bookmarks and art supplies.

Have the girls design bookmarks, incorporating their personal mission statements.

Encourage them to use it and to read their statements often as a reminder of what matters to them.

Facilitator’s Tip

Assist the girls in completing the handout. Offer examples of steps toward their goal, such as gathering resource information or talking to others who share their goal or have reached it.
BRING IT HOME
Leheteyh Vadereh: Take It With You

Point out the quotation appearing on the bottom of the Im Tirtzu handout. Encourage the girls in their journey of becoming. Challenge them to apply their short-term time line between now and the next meeting.

BEFORE YOU LEAVE

Allow girls to add new designs to the Ritual Cloth (optional).
Confirm the next meeting place and time.

CLOSING RITUAL
Beruha At Betzeyteyh: Blessings as You Go on Your Way
(optional) Teach the song Im Tirtzu, sharing the translation and source (If you will it, it is no dream.—Theodor Herzl) and its significance for today’s exercises
and/or
Recite the traditional “Prayer for the New Month” from the Essence Sheet.

STILL TO DO!

1 Enter notes on this gathering in the Monthly Log (Forms).
2 Determine the next month’s topic and activities by reading through the Sourcebook options or creating something in response to group needs.
   Be sure to check the Before the Gathering sheet for any
   • special preparations, such as arranging for a guest presenter or purchasing materials;
   • special space requirements, such as for a craft project or movement activity; or
   • reminders to the girls, such as bringing something to the meeting.
3 At least three weeks before the next meeting:
   • Call the host family/institutional sponsor to reconfirm date, time, and any special requirements, as indicated in next month’s Before the Gathering.
   • Make food arrangements in keeping with kashrut and allergy concerns. (Check next month’s Essence Sheet for suggested foods.)
   • Speak with the host girl to explore appropriate leadership opportunities, from sharing responsibility for confirming attendance to selecting a topic or facilitating an activity.
   • Mail Remember postcards, adding any special instructions, such as something you would like the participants to bring or prepare before the meeting.
<table>
<thead>
<tr>
<th>Question</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are the three most important things in your life?</td>
<td>What are you really good at? What do you wish you could do more of?</td>
</tr>
<tr>
<td>What motivates you when you are feeling lazy?</td>
<td>Who are the “support people” in your life?</td>
</tr>
<tr>
<td></td>
<td>What is your fondest memory?</td>
</tr>
<tr>
<td></td>
<td>What is something that worries you?</td>
</tr>
<tr>
<td></td>
<td>What do you like about your life?</td>
</tr>
<tr>
<td></td>
<td>What do you dislike about your life?</td>
</tr>
<tr>
<td>If you had a day to spend in a huge library studying anything you wanted, what would you study?</td>
<td>If you could live anywhere in the world, where would you live? Why?</td>
</tr>
<tr>
<td></td>
<td>If you could be someone other than yourself, who would you be? Why?</td>
</tr>
<tr>
<td></td>
<td>What is the one thing you definitely want to do when you are an adult?</td>
</tr>
<tr>
<td></td>
<td>What accomplishment are you proud of?</td>
</tr>
<tr>
<td></td>
<td>What is something that scares you?</td>
</tr>
<tr>
<td></td>
<td>What is a goal you have for this year?</td>
</tr>
<tr>
<td></td>
<td>What is your most prized possession? Why is it so important to you?</td>
</tr>
<tr>
<td></td>
<td>What is something that always makes you happy?</td>
</tr>
</tbody>
</table>
Goal-setting is: **S**pecific **M**otivating **A**ction-oriented **R**ealistic **T**imely

My goal is ____________________________________________
__________________________________________________

Why do I want this? __________________________________
__________________________________________________

What/who will keep me focused? __________________________
__________________________________________________

What steps do I need to take to get there?_____________________
__________________________________________________

What are the obstacles on my path? _________________________
__________________________________________________

Here is my timeline (When will I complete the short-term steps? When will I reach my goal?): __________________________
__________________________________________________

All of us are human becomings, rather than human beings.

Sky Schultz