



Values Meditation

Don't try to answer all the questions at once. Take one question at a time and meditate on it for at least 5 minutes. Try very hard to answer the question. When you feel satisfied with your answer, move on to the next question. Try to work on one or two a day until Rosh Hashana.

1. When do you most feel that your life is meaningful?
2. When do you most feel you have wasted time?
3. Are there any ideals you would be willing to die for?
4. If you could live your life over, what would you change?
5. What would bring you more happiness than anything else in the world?
6. What are your three most significant achievements since last Rosh Hashana?
7. What are your biggest mistakes since last Rosh Hashana?
8. What project or goal, if left undone, will you most regret next Rosh Hashana?
9. If you knew you couldn't fail, what would you undertake to accomplish in life?
10. What are the habits that you know you should change or improve?
11. What did you do last year that gave you the strongest feeling of self-respect?
12. When do you feel most spiritual?
13. What kind of person do you want to be five years from now?
14. What are the most important relationships in your life?
15. How often do you express your feelings to those who mean the most to you?
16. Over the last year, did those become closer and deeper?
17. What can you do to nurture those relationships this year?
18. If you could change only one thing about yourself, what would it be?
19. If you could change only one thing about your spiritual life, what would it be?
20. What kind of relationship do you want to have with your body?
21. What kind of relationship do you want to have with your family?
22. What kind of relationship do you want to have with your community?
23. What kind of relationship do you want to have with humanity?
24. What kind of reputation do you want to have for honesty and integrity?
25. What kind of legacy do you want to leave the world?

Adapted with permission from
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