

ELUL CHALLENGE 5780



AUGUST 21-23

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#ElulWisely2020

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AUGUST 24-30

Elul 4

Teshuva/Repent



Reach out to someone to whom you haven't spoken in a while

Elul 5

Teshuva/Repent



Write a real letter or card to someone you've been missing during this time

Elul 6

Teshuva/Repent



Make a playlist of songs that make you feel brave

Elul 7

Teshuva/Repent



Write a prayer (individual or family) by finishing these sentences: I am in awe of.... I hope for.... I need strength to... I am thankful for....

Elul 8

Tefilah/Reflect



Make a playlist of songs that make you feel hopeful

Elul 9

Tefilah/Reflect



Post or draw a picture of a place that has amazed you

Elul 10

Tefilah/Reflect



Post or draw a picture of a place that gives you hope

AUGUST 31-SEPTEMBER 6

Elul 11

Tefilah/Reflect



Post or draw a picture of a place that makes you feel grateful

Elul 12

Tefilah/Reflect



Post or draw a picture of a time you felt strong

Elul 13

Tefilah/Reflect



Count your blessings: List 10 kind things people have done for you this year.

Elul 14

Tefilah/Reflect



Take a walk and gather small rocks to use for Tashlich. Maybe you want to get smooth ones for your smaller mistakes and easier apologies; rough and edgy ones for the more difficult, etc.

Elul 15

Tzedakah/Repair



Make a playlist of songs that inspire you

Elul 16

Tzedakah/Repair



"Fill" your virtual brown bag for [SOVA](#)

Elul 17

Tzedakah/Repair



Call LA Family Housing at 818.220.6936 to arrange to dropoff new hygiene supplies or coloring supplies (crayons, coloring books) for families needing transitional housing.

SEPTEMBER 7-13

Elul 18

Tzedakah/Repair



Count your blessings: List 10 kind things you have done for people in the last year.

Elul 19

Tzedakah/Repair



Email info@baby2baby.org to see how you can bring new diapers, wipes, and formula for some of the most vulnerable babies in Los Angeles and across the country

Elul 20

Tzedakah/Repair



Help a veteran make a new house into a home by purchasing something off of the [Homes for Heroes wishlist](#).

Elul 21

Tzedakah/Repair



Support your synagogue community with a donation in honor of someone you love. WiseLA.org/Giving

Elul 22

T'hadesh/Renew



Create a gratitude jar and add to it each week. Starting during Sukkot, pull out one of your moments each Shabbat to share and reflect.

Elul 23

T'hadesh/Renew



Indulge in a treat, or some other activity that will bring sweetness to your day

Elul 24

T'hadesh/Renew



Find an item that represents each month of the past year (5780), with its joys and challenges, and make a collage.

SEPTEMBER 14-18

Elul 25

T'hadesh/Renew



Make and share a favorite holiday recipe; tell someone or post a story about that food

Elul 26

T'hadesh/Renew



What has given you and your family joy during this time? Make a list of the first 5 things that come to mind. Post the list here, and somewhere in your home where you can see it.

Elul 27

T'hadesh/Renew



Paint rocks or signs with message of hope/blessing and place them around the neighborhood. Don't forget to post a picture!

Elul 28

T'hadesh/Renew



Write or draw a list of at least 5 things you are proud of from this last year

Elul 29

T'hadesh/Renew



Choose something to wear, somewhere to sit, or something to look at that will make your Rosh Hashanah at home feel special



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