

1. Month of Elul: Every 1 hour of Elul is equal to 12 hours of the year. It is a time for healing and forgiveness. Forgiveness opens the channels of abundance in our life. You can tap into this by trying to sincerely forgive the people in your life (including yourself). Most of us need to also “forgive” G-d for the challenges He gave us by reminding ourselves that G-d set up the most loving and perfect training and development program given our unique and exalted mission. Try to turn to G-d from a real place once every day even for just a few seconds: “Please help me be open to healing and forgiveness so I may realign myself with do the inner work I need to do, to be ready for a year of blessings.”
2. Rosh Hashanah day1: you are judged on the degree to which you yearn to fulfill G-d’s vision for you. How much do you want to let G-d to determine what’s possible in your life and not your limiting beliefs? “It’s not about me and my limiting lower self messages. Please, G-d, help me want YOUR great vision for me. Help me put YOU in the center of my life!”
3. Rosh Hashanah day2: you are judged on how much of your life is about taking care of G-d’s children (including your inner child) especially the degree to which you yearn for others to fulfill G-d’s vision for them as opposed to their lower self’s agenda. “This year, please help me care for Your children’s physical, emotional and spiritual wellbeing”
4. Focus for shofar blowing: The moments of shofar blowing announce the dawn of a new era. It is during these moments that our judgment actually takes place and our seed for the year is created. See 7 things to have in mind during the Shofar blows in Rosh Hashanah summary below.
5. Focus for 7 intermediate days: make an effort to remove obstacles to be the best you yearn to be. Invest in the following 3 areas:
 - a) Tzedaka (Charity)- I want to remove the obstacles to having greater generosity towards others and I will start by actually giving to a Jewish charity before Yom Kippur (“Charity shall save one from death”). “Please open me to be more generous with others and correct that which needs correction in my relationships”
 - b) Tefila (prayer)- I want to remove the obstacles to a greater connection to G-d . I can’t control how I feel when I pray, but I can remind myself that I am standing before the Creator of the universe who is all powerful, all knowing and all loving and in this context make a sincere prayer for what I truly yearn for. “Please open me to reach out to You and be real in my prayers like never before”
 - c) Teshuva (Repentance)- I want to take advantage of the incredible blessing of being able to repair mistakes by trying to do the 4 steps of Teshuva once a day (at least on your major lower voice) “Please help me remove the obstacles that are holding me back from being the most beautiful and noble person I can be.”
6. Focus for Yom Kippur: This is your ultimate opportunity for rebirth, starting a completely new future regardless of any past (mistakes, disappointments, failures, pain). The main work of Yom Kippur is doing sincere Teshuva. It is better to choose a few major items and do deeper teshuva, than to go over many items superficially. “Please help me correct all that needs correction. Please help me transcend anything hat is holding me back and know how to use all my blessings and resources to fulfill Your incredible vision for me. G-d, You know what I’m facing inside and outside, please help me”.