

# ■ Teshuva & Cheshbon Nefesh Worksheet ■

This worksheet is designed to help you reflect, take stock of your actions, and prepare for genuine teshuva (repentance) during Yom Kippur and the Days of Awe.

## 1. Reflection Prompts

- What are three areas of my life where I want to improve?

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- Who do I need to ask forgiveness from, and how will I approach them?

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- What mitzvot have I neglected that I can strengthen this year?

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- What habits or behaviors are distancing me from Hashem?

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- What small daily action can I commit to for spiritual growth?

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## 2. Cheshbon Nefesh (Spiritual Accounting)

Use this table to review your deeds and categorize them. Be honest and specific. The goal is clarity, not guilt.

Area of Life	What I Did Well	Where I Fell Short	Practical Step for Improvement
Between Me & Hashem			
Between Me & Other People			
Between Me & Myself			

### 3. My Commitment

Write a personal statement of teshuva below. This is between you and Hashem. Be specific, hopeful, and realistic.

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■ Remember: Teshuva is a journey. Every small step brings you closer to Hashem.