Focus on Elul

Vision Board with Rabbi Joanne Loiben and Jenny Lowhar

or, as we are known in lesser-known Rap circles: JLo^2

Sunday, August 23

5:00 pm

Zoom

*Elul- the month leading up to the HHD's meant for deep introspection
*40 days from the start of Elul to Yom Kippur
*We have the opportunity to reflect on who we are, where we are, and who we want to be in the future. This can be between now and the next 40 days, or between now and this time next year, the choice is yours.

Guiding Text:
"When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world."
(Israel Salanter)

The real true you:
3 holy relationships

You and God
You and individuals
You and your community (mitzvah)

What's the common factor here? YOU!

So… what does this look like to you?
"It turns out putting your goals on paper in a visual format can actually help you achieve them." (oprahmag.com)

Find Your Voice

Step 1 - Gather your thoughts

Things to remember: not everything in your life is of equal importance, so not everything on this board is going to be of equal importance.

• Create a list of goals you'd like to achieve; affirm what you want (not what you don't want), keep it brief, be specific. Let your voice be active - praying, focusing, living. This is a board for you, so while you can wish things for your partner or your children, this is about YOU. While we ask that you frame your thoughts in a a positive way, we encourage you to address your fears because your truth is valid, it's part of your story, and it's yours to tell.

• Find pictures that represent your goals or symbolize the future you wish to create. Use photographs, magazine cutouts, images from the web, or whatever inspires you!

• Make a collage out of all these images on a bulletin board, wall, or in a binder. Feel free to get creative!

• Consider including a picture of yourself in a happy moment. Keep it neat. Avoid creating a cluttered or chaotic board - you don't want to attract chaos into your life.

- Add motivational "affirmation words" and inspiring quotes that represent how you want to FEEL, like "courage," "love," or "imagination." For example - start with the words "I am..."

Need some words?
Strong, kind, powerful, persistent, inspiring, empathetic, courageous, confident, logical, fiery, brave, methodical, colorful, lyrical, wild, articulate, joyful, persistent, exhuberant, nurturing, capable, calm, fierce, wonder-filled, bright, witty, kind, patient, warm, passionate, persistent (get it?!), hilarious...you see where we're going with this.

• Add a timeframe if you feel comfortable with that idea: by this time next month I will...; by this time next year I will...; I want to use my voice to...

Feeling stuck? We can help. Try asking yourself questions:
What have you become because of something that happened to you?
What do you want to start being or doing?
What do you feel confident about?
What have you chosen, or made happened for yourself?

Also try these:
I have within me a...

Warrior of hope, fearless risk taker, blazer of trails, pathfinding poet, languishing lyricist, musical maestro, thoughtful journaler...

Step 2 - Gather your materials

• We recommend at least an 11x17 board (please stop by the temple to collect a sheet or two if you do not have any: email jenny@tbsmb.org) but please use what you have or go larger.

• Scissors, sharpies, colored pencils, tape (feeling creative? Try Washi tape which is decorative) adhesive (a glue stick will suffice, if you use an adhesive such as Elmer's glue, that's fine too, but you have to smooth it down, and it may dry with ripples), magazine cut outs, photos, quotes, words.

Step 3 - Gather together (but separate, because: Coronavirus)
Join us Sunday, August 23 at 5:00 pm with all your materials, via Zoom.
Pre-cut or tear your elements you plan to use and gather your materials.
Please RSVP beforehand so we know you'll be joining us.

Step 4 - Gather information about yourself and your board. This is JUST information for you. Ask yourself these questions to see if you are making gains in this process once your board is done and as we move through the month of Elul and beyond.

- ☐ My vision board depicts goals and dreams in all areas of my life, or in just one specific area that I'd like to focus on.
- ☐ The images I chose represent or symbolize the experiences, feelings, and possessions I want to attract into my life on my board.
- ☐ There are positive affirmations, inspirational words, quotations, and thoughts on my board.
- ☐ Only words and images that best represent my purpose, my ideal future, and words that inspire positive emotions in me were used on my vision board.