

daily Journal

The Elul Reset
Free Start Journal

Hashem's Got You

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Welcome to Your Elul Reset Journal

This journal is the companion workbook to the Elul Reset course.

Each day you'll read a new lesson that guides you through reflection, growth, and connection to Hashem. **This journal is here to walk alongside those lessons — each page giving you space to bring the day's ideas into your own life.**

It's your place to pause, slow down, and write. Writing helps you process what you've learned, clarify your thoughts, and anchor the lessons in your heart. By the end of the week, you'll have a personal record of your journey — something to treasure, review, and return to throughout Elul and the year ahead.



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How to Use This Journal

1. **Read the Day's Lesson** → Start with the course material for the day.
2. **Open Your Journal** → Each day here matches the day's theme. You'll find:
 - A **Lesson Summary** to remind you of the main idea.
 - A short **Preparation** to pause and turn to Hashem before writing.
 - **Reflection Prompts** that guide your journaling.
 - Space for **Extra Reflections** where you can write anything that comes to heart.
 - A **Personal Takeaway** at the end of each day to capture your key insight.
3. **Be Honest and Kind** → This is not about "right answers." It's about being real with yourself and Hashem. This is your personal journal.

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Before You Write Each Day

Take a short pause. Ask Hashem for guidance in your own words. Something simple like:

"Hashem, please help me see clearly and grow closer to You through what I write today."

Your Ongoing Companion

This journal keeps everything organized in one place. As you move through Elul, you'll see your growth build day by day. When the course ends, keep this journal close — review it before Rosh Hashanah, on a birthday, or anytime you want to reset.

Every page you fill is proof: you are showing up, you are growing, and you are walking closer with Hashem.



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Elul Reset Setting Your Intention

Day 0 – Setting Your Intention

Lesson Summary

Before we begin Day 1, take a moment to pause and set your intention for this journey. Writing down why you're here will give you an anchor to return to whenever you feel distracted or need encouragement.

Preparation

Say to Hashem in your own words:

"Hashem, please help me enter this journey with sincerity and clarity. Let me see the growth I need and guide me to come closer to You through these days of Elul."

Reflection Prompts

Why did I join this course?

What am I hoping for from this journey?

Where do I want to be spiritually by Rosh Hashanah?

Anchor Statement

In one or two sentences, summarize your intention for this week. This will be your anchor — something to return to when you need to remind yourself why you began.

➡ My anchor for this journey is:

Elul Reset Cheshbon Hanefesh

Day 1 – Cheshbon Hanefesh: Taking Stock of Where You Are

Lesson Summary

Elul is a gift — Hashem’s way of giving us time to pause, reflect, and realign before the Yamim Noraim. Today is about honest self-reflection: noticing where we’ve drifted, where we’ve stayed strong, and where we want to grow. This isn’t about guilt. It’s about clarity, compassion, and direction.

Preparation

Before writing, take a quiet moment. Say to Hashem in your own words:

“Hashem, please help me see myself clearly, with honesty but also with love. Guide me to understand what You want from me and how I can grow closer to You.”

Take a deep breath. You’re not doing this alone.

Reminder

The lesson compared growth to picking up a Rubik’s Cube — you don’t understand it until you actually engage with it. Writing here is that engagement. By putting thoughts on paper, you’re already taking action.

Reflection Prompts

1. My Current Relationship with Hashem

Where do I honestly feel my connection to Hashem is right now?

2. My Ideal Relationship with Hashem

If there were no obstacles, what would that relationship look like?

3. Habits I'm Not Proud Of

What habits or behaviors are pulling me away from who I want to be?

4. Mitzvot I Struggle With

Which mitzvot do I neglect, rush through, or do without much intention?

5. My Use of Time

Am I making the most of my time, or letting opportunities for growth slip by?

6. How I Handle Challenges

When challenges come, do I respond with patience and emunah, or with frustration and doubt? Give an example.

7. Discipline and Consistency

Where do I notice a lack of follow-through in my life?

Story Seed

The lesson described how negative actions or neglect can add “layers” between us and Hashem, like papers between two magnets. What layers do I notice in my own life — and how can I start removing them?

Extra Reflections

Use this space to go deeper on any point, or to capture thoughts that surfaced as you wrote. Sometimes the most important realizations come after you’ve already started.

Write Your Cheshbon Hanefesh

Now, put it all together. In a few sentences, summarize where you are spiritually right now — the picture that emerged from your answers. Be honest, but keep in mind: this is the starting point of growth, not the end.

➡ My Cheshbon Hanefesh today:

Examples (from the lesson):

- “I want to stop speaking Lashon Hara, but it’s so hard.”
- “I want to learn more Torah, but I find it difficult to make time.”
- “I want to have more patience with my family, but I often lose my temper.”

Optional Sharing

Want to take this a step further? Share one thought from today with a friend or family member. Sometimes speaking it out gives new clarity.

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Recognizing Your Strengths

Day 2 – Recognizing Your Strengths

Lesson Summary

Yesterday, you looked honestly at where you need to grow. Today, we flip the focus — because growth isn't only about fixing weaknesses. It's also about noticing and building on your strengths. Hashem cherishes every mitzvah, every tefillah, every act of kindness — even the ones you might dismiss as “small.” Recognizing how far you've already come gives you confidence and energy to keep going.

Think of the marathon analogy from the lesson: when you glance back and see the miles you've already run, it gives you strength to keep moving forward. That's what today is about.

Preparation

Before you write, pause and say to Hashem:

“Hashem, please help me see myself the way You see me, with love, pride, and clarity. Open my eyes to the good I've already done and the strengths You've given me.”

Take a breath. You're not just making a list — you're uncovering the greatness Hashem already sees in you.

Reflection Prompts

1. Strengths in Avodat Hashem

What mitzvot or spiritual practices do I do regularly – even if I think they're small?

2. Spiritual Progress

Looking back over the past year, where have I grown the most?

(Remember the marathon image – what “miles” have I already run that I can celebrate today?)

3. Everyday Acts That Count

What little actions do I do that bring joy or goodness to others?

(Think of the story of the jesters – even making someone smile is precious in Hashem's eyes.)

4. Torah & Tefillah

How have I shown commitment to learning or davening, even during busy or difficult times?

5. Guarding My Speech & Behavior

Where have I succeeded in holding back Lashon Hara or choosing kindness over anger?

6. Kindness in Relationships

List moments when I've supported, encouraged, or lifted someone else.

Extra Reflections

Use this space to write about strengths you may have overlooked.

Reb Simcha Bunem carried two slips of paper: one reminding him of his greatness, one of his humility. If you carried those slips today, which “pocket” would you reach into?

My Spiritual Resume or Summary

Now pull it together. You can choose either style:

- **Resume Style** – Write bullet points of your strengths and spiritual “wins,” like you’re making a resume for your neshama.
- **Narrative Style** – Summarize in a few sentences the strengths Hashem has helped you develop.



The strengths I see in myself are:

Closing Reminder

Reb Zusha said: “When I reach the next world, they will not ask me, ‘Why were you not like Moshe Rabbeinu?’ They will ask me, ‘Why were you not more like Zusha?’”

Remember: Hashem won’t compare you to anyone else. He treasures every step forward you take in your own unique journey.

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Extra Reflections

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