



Elul Copy the shofar and paste it into the box every time you succeeded Elul BS"D



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
• Remembered at least once a day that Ellul is an Eis Ratzon																													
• Upon hearing the Shofar after Shachris focused on stopping sins, doing teshuva and fearing the judgement																													
• Recited L'David with a feeling of Ahavas Hashem																													
• Made at least one of the 100 daily brochos, not by rote, but rather with focus and awareness that you are speaking to Hashem																													
• During at least one Shemone Esrei appealed to Hashem with arousal because we are in Chodesh Ellul approaching the Yomim Norayim																													
• Learned some Torah during the day with Amalut (עמלות) and/or L'Shem Shemayim																													
• Accomplished some increase in Bein Adam L'Chaveiro (ie chesed)/ Ahavta L'Re'acha																													
• Had Kavannah for mitzvahs and/or some mundane activity (eg brushing one's teeth) L'Shem Mitzvah																													
• Did Cheshbon HaNefesh and Vidui before one meal and before going to bed/felt bad about some sin																													
• Gave more Tzedaka than usual																													
• Learned Sefer connected to Teshuva																													