

Cheshbon HaNefesh – Accounting of the Soul

“The most unnoticed of all miracles is the miracle of *tshuvah*. It is not the same as rebirth; it is transformation, creation. In the dimension of time there is no going back. But the power of *tshuvah* causes time to be created backward allows re-creation of the past to take place. Through the forgiving hand of God, harm and blemish which we have committed against the world and against ourselves will be extinguished, transformed into salvation.”

-- Rabbi Abraham Joshua Heschel

How did I miss the mark?	
T R U T H	When/how did I miss the mark?
	What was my justification in the moment for this action?
R E M O R S E	Who was impacted?
	How were they impacted?
R E S P O N S I B I L I T Y	What was learned?
	What's the plan? (for changing, growing, not repeating, etc)

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“The secret of spiritual living is in the sense for the ultimacy of each moment, for its sacred uniqueness, for its once-and-for-allness. It is this sense that enables us to put all our strength into sanctifying an instant by doing the holy.”

-- Rabbi Abraham Joshua Heschel

How did I hit the mark?	
T R U T H	When/how did I do well?
	Why was it important to do this well?
E F F E C T	Who was impacted?
	How were they impacted?
R E S P O N S I B I L I T Y	What was learned?
	What's the plan? (for enhancing, sustaining, growing, etc)