

Journaling Companion

An Elul Practice of Return

A journaling practice from the Sacred Cycles series, where creativity meets the spiritual rhythm of the Hebrew calendar.

Name: _____Date: _____

Give yourself about 15–20 minutes for this practice. Find a quiet space, and move through these four questions at your own pace. You don't need to answer every part of each prompt, just follow whatever calls to you, and write whatever comes up.

Let it be raw and unedited. Don't worry about writing beautifully, or even in complete sentences. This is only for your own eyes.

ONE

What keeps showing up?

What pattern, fear, habit, or way of being keeps repeating itself in my life?

Where is it keeping me from living as fully as I want to?

Be completely honest — this is only for your own eyes.

TWO

What is asking for compassion or forgiveness?

When I look honestly at this part of myself, what might it have been trying to protect me from, or teach me?

What am I ready to forgive — in myself, or in someone else — so that I don't have to keep carrying it in the same way?

Who am I becoming?

If I stop letting this old pattern run my life, who do I want to become?

How do I want to move through my life differently this year?

How would I show up if I truly trusted that I could become this version of myself?

Let yourself dream big here.

What is my prayer?

What do I truly want to call into my life this year?

Where do I need support — from myself, from others, or from God — to step into who I'm becoming?

And if I could offer one completely honest prayer to Hashem right now, what would it be?

When you're ready, notice what wants to move next, through color, through movement, through whatever your hands want to do with what you've written.

This practice is one piece of the Sacred Cycles series — live painting journeys held throughout the Hebrew calendar year.