

Living into Your Strengths:

A Cheshbon Hanefesh Worksheet for the New Year

Cheshbon Hanefesh means "self-inventory." Take some time to thoughtfully consider and answer these questions:

Looking back...

What are you are grateful for from the past year?

What do you consider to be your strengths?

How did you use your strengths to positive effect in the past year?

Where are some places you feel you fell short this past year?

How did not utilizing your strengths contribute to that falling short?

Looking forward...

What intention(s) you want to set for yourself in the coming year?

How do you think you can use your strengths to realize that intention(s)?

What new strengths do you wish to cultivate in order to reach your intention(s)?

As you move into the new year, what qualities/thoughts/experiences do you wish to leave behind you?

As you move into the new year, what qualities/thoughts/experiences do you hope to welcome into your life?