

SEPTEMBER 2024

אלול 5784

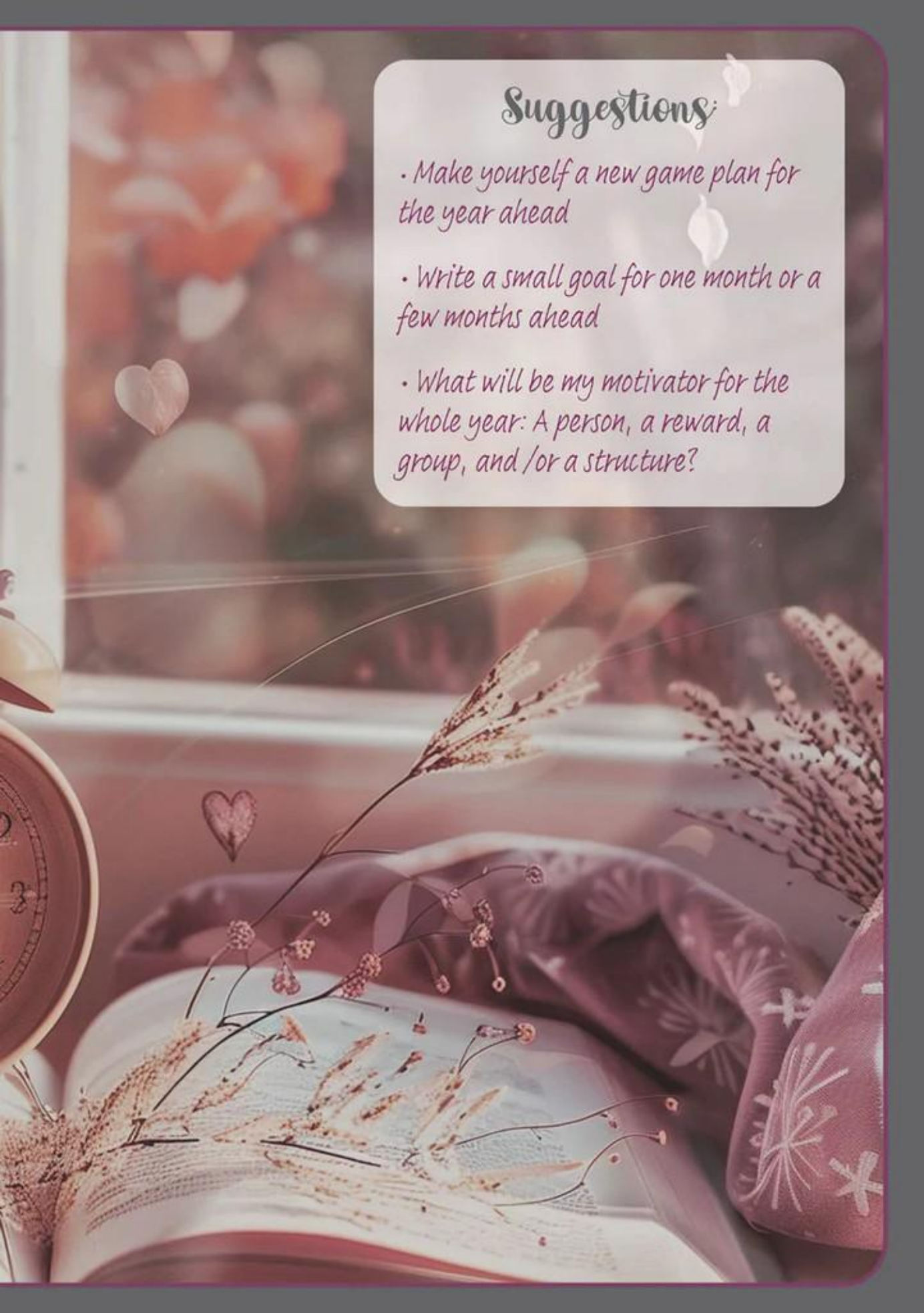
אלול תשפ"ד

Yearly
Pre-Plan

RESTART AND REVITALIZE
YOUR LIFE!

Suggestions:

- Make yourself a new game plan for the year ahead
- Write a small goal for one month or a few months ahead
- What will be my motivator for the whole year: A person, a reward, a group, and /or a structure?



Rosh Chodesh

MONTHLY GOALS, LISTS, MENUS

Elul



PRIORITIES:

Elul 5784 • SEPTEMBER 2024



Sunday

28 Av טו / September 1

Morning _____

Afternoon _____

Evening _____

Monday

29 Av וז / September 2

Morning _____

Afternoon _____

Evening _____

Tuesday

30 Av ז / September 3

Rosh Chodesh

Morning _____

Afternoon _____

Evening _____

MEMOS:



Shabbos SHOFTIM

4 Elul ט / September 7

Wednesday

1 Elul א / September 4

Rosh Chodesh

Morning _____

Afternoon _____

Evening _____

Thursday

2 Elul ב / September 5

Morning _____

Afternoon _____

Evening _____

Friday

3 Elul ג / September 6

Morning _____



New York 7:01

Motzaei Shabbos 7:58

Chicago 6:55

Motzaei Shabbos 7:55

Denver 7:04

Motzaei Shabbos 8:01

Los Angeles 6:54

Motzaei Shabbos 7:48