



THE DAILY PORTION

SIVAN RAHAV-MEIR

YOM KIPPUR

What is Your Teshuva?

There is a custom to take upon ourselves each year a new commitment. In other words, to make a resolution in one area of our lives and to persist in staying with it. Here are a few ideas I have heard on this subject:

1. Think about what is most important to you and focus primarily on it, whether this area of concentration is family, community, tzedakah, social media, praying, or learning Torah.

2. There are commentators who explain that a new year's resolution is like a new piece of clothing that a person acquires – only it is a garment for the soul and not for the body. This is the gift that we give to ourselves. It is worthwhile to speak about it with a friend so that we feel a sense of obligation and accountability where it's concerned.

3. It is advisable that the commitment be modest so that it can readily be kept. Of a certain student, it's told that upon approaching his rabbi at the beginning of the year, he asked what commitment he should take upon himself. The rabbi answered: "Think about a commitment that you can keep throughout the year." The student returned to the rabbi with his resolution and the rabbi said: "Now cut your commitment in half, and take that half upon yourself in order that you will be

certain to keep it."

So what's your new year's resolution?

Shana tova and may you enjoy success in staying with it. ■

Sivan Rahav-Meir is a media personality and lecturer. Married to Yedidya, the mother of five. Lives in Jerusalem, and formerly served as the World Mizrahi Shlicha to North America. Sivan lectures in Israel and overseas about the media, Judaism, Zionism and new media. She was voted by Globes newspaper as most popular female media personality in Israel and by the Jerusalem Post as one of the 50 most influential Jews in the world.

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