



60 DAYS BOOK CLUB

Make It Your Own!

Get the most out of your 60 DAYS book:

Share it with your friends and take this journey together!

Book Club Ideas:

- Daily Zoom/Chat/In person
- Take a quick 5-10 minutes each day - at the office, daily minyan etc. - to discuss that day's inspiration and exercise!
- A daily check in is the optimal way to make the most of this 60 Day Journey.
- Choose one day a week for a longer session to deep dive into the progress and leave room for questions and discussion.
- Weekly Gathering
- Once a week gather with your friends, family, colleagues, congregants, neighbors etc.
- Grab a coffee and piece of cake (beer and popcorn work too!) and get comfortable!
- It's time to review the past week's progress and then discuss the upcoming week's course of action.
- Let this turn into a discussion where all can feel comfortable sharing their personal journey while being a support for the others in the group.

Let's Get Started!

1. Recommend that each member keep a personal journal to write down their answers and progress along this journey. (Maybe even purchase notebooks and pens to hand out!)
2. Prepare and share an introduction to the book - What does this book mean to you? (Highly recommend reading the Rabbi's preface and intro in the book and explaining it in your own words.)
3. Introduce the concept of daily exercises and explain that each one will apply to 3 categories of "Things I want to work on":
Between me and G-d. Between me and other people. Between me and myself.
In each of these 3 areas, we will focus on achieving personal growth in our minds (intellectually), hearts (emotionally) and body (action oriented).



4. Engage each member with personal questions and encourage them to share their past experiences and what they hope to gain from this new experience.

****BONUS TIPS****

- Can you blow the shofar? A nice added touch would be to start each meeting with the sound of the shofar! Explain that this is an opportunity for every person to have “a moment of personal silence, spiritual sound,” a moment to internalize the call of the shofar and reflect/meditate on their journey.
- Involve the group! Have a different member prepare a personal story or anecdote to share each day - corresponding to the theme of that day.

SAMPLE QUESTIONS FOR CONVERSATION:

GENERAL QUESTIONS

- When you hear the words “High Holidays” what immediately comes to mind? List some positive and negative associations.
- They say each new year brings along a new and unique energy. What new energy are you hoping this New Year brings for you?
- These 60 Days are here to help us reach new heights, to improve our relationships and find
- G-dliness in every aspect of our lives. In such a seemingly corrupt and materialistic world, can we truly find peace and spirituality? Can we aim to touch heaven from our limited place here on earth?

ELUL

- In the month of Elul it says, “The King (G-d) is in the field.” What does this mean to you?
- Elul stands for Ani l’dodi v’dodo li - “I am for my beloved and my beloved is for me”. What does this mean to you? How can I improve on this in my relationship with G-d, in my relationships with others, and in my relationship with myself?
- Elul represents change and forgiveness, the process from betrayal to reconciliation. Would you like to change something in your life? What steps do you need to take to make that happen?

TISHREI

- After a month of the King being in the field, we now enter the Palace – G-d’s home. What does this mean to you?



- Tishrei is the most powerful month in the entire Jewish Calendar. Its name comes from reishit – meaning beginning, the head. Just as our head controls our entire body, this month’s energy controls our entire year to come. What energy and environment would you like to create for yourself that will then inform your entire year’s energy and mood?
- When you hear the call of the Shofar (and by all means, blow the shofar!) what sound do you hear? Does it talk to your soul, your heart, your intellect? How does it make you feel?

Wrapping it up

- When you NOW hear the words “High Holidays” what comes to mind? Compare and contrast from your original question.
- Looking back at this 60 Day Journey, in what ways do you feel improved – in your relationship with G-d, with others and with yourself?
- Going forward, how can I ensure that I take all this newfound growth and inspiration with me into my future? How can I infuse my entire year with these transformational changes? Create a plan to make this happen. Encourage the group to stay in touch and keep supporting each other on their journey.

Congratulations!

YOU can do this!

Launch your group today!

We are here to help you. Please reach out to us for more tips and information.

Here’s to an incredible, happy and meaningful New Year!