

On this day,  
We reflect.  
*Al Chet.*  
Clean slate for new year,  
Release our problems,  
Our anxiety  
Fix things that happened.  
Adjust.  
Grow.  
Make things right.  
Seal ourselves on the right path.  
*G'mar Chatima Tova.*

Apologies for misguided deeds  
Intentions misunderstood  
Toxicity  
Gossip  
Lies  
Rude remarks  
Offensive jokes  
Selfishness  
Insensitivity  
Stubbornness.

Apologies for rudeness to parents  
Avoidance of Neighbors  
Ignoring Friends  
Betrayal  
Inaction  
Lack of apologies  
Lack of care  
Lack of accountability  
Lack of responsibility for mistakes  
Lack of conversation  
Lack of conflict resolution,  
Negotiation,  
Second chances.  
Lack of inclusion  
Lack of closure  
Lack of kindness.

Apologies for lack of self care  
For agreeing until exhaustion  
For not allowing proper mental health

For not doing enough.  
For carrying burdens alone.  
For judging  
For poor body image  
For not repairing the world.  
For pain and suffering,  
Inhumanity,  
For not practicing *tzedek* and *tikkun olam*.

*Atone*. That is what this day is. *Atone*.  
Think about others and the year.  
Peace.  
Atone not just today, but everyday.  
*Al Chet*.

*The Flip Side*.

Forgiving wrongdoings.  
Allowing for peace and rest.  
Closure.  
Activity instead of inactivity.  
Reaching out.  
Calling, texting, accountability for hurt and mistakes.  
Understanding of feelings.  
Explaining.  
Second chances.  
Renewal.  
Room for growth.  
Chance, life re-do.  
Forgiveness of sin and things out of our control.  
Understand that you can't change everything.  
Understand that there is space for healing.  
Forgiveness for rudeness,  
Doors open to kindness.  
Lift hearts.  
Repairs and reparations.

*Tikkun Olam*.

Listen, reflect, understand things we have and have not done.  
Where in that space can we work on things and ask forgiveness?  
Is that space available? If so, I need to take the chance?  
Letting go. Release. Bridging spaces and silences. Putting a semicolon to the story.  
Reconnecting.  
Reprisal.  
Redo of friendships and dates gone wrong.

Seeking family support.  
Adjust our work and health environments.  
Cancel doubts.  
Choosing to be kind and to love,  
Honest and open,  
Communicating.  
Reflecting and shaping.  
Forgiveness.

*Al Chet*

And whatever we want to do in this space.  
Atone and reach out for the hugs, the affirmations, the chance for change.  
The chance for a fresh, new year of amends and clarity.  
For a better year,  
*Avinu Malcheinu.*