



“On Purpose”
by Rabbi Myra Meskin

To just be
To wake knowing that the day holds the potential for so much beauty
To fall asleep with the contentment that today I did something valuable with my
time

This gift cannot last forever - that is part of its magic
And although you may be tempted to simply hold this gift and cherish it
that is not why it was given to you
This gift is meant to be taken with you
out into the world
To hold you accountable,
not only for today, but for tomorrow
and all the tomorrows that follow

So ask yourself...what work have I done today?
Have I taken time to wake my body with compassion?
Have I spent time caring for the earth?
Did I ask any important questions?
Did I attempt to learn from the wisdom of others?
When today did I find time to play?
To give myself a space free of judgement in which to express my deepest
fears, insecurities and doubts...
Have I listened to someone today?
Have I given and received affection?
Did I close my eyes and sing at the top of my lungs?
Did I dance with complete abandon?
Did I give myself permission to be vulnerable?
Did I find a way to channel my emotions into something new?
Did I give thanks for all of the blessings in my life?
Have I invested time in my relationship with myself
and my relationship with my Creator?

Did I live today
on purpose?

