

Stop (the Action)

Confess (to a Rabbi)

Regret (what you did)

Build (an Altar)

Confess
(the Problematic Behavior
to God)

Read (the Torah)

Act (Differently Next Time)

Dance (to the Music)

Whip (Yourself)

Say (Shema)

Listen (to the Shofar)

Bathe (in Ice Water)

Avoid (Screens)

Help (a Friend)

Draw
(a Picture of What You Did)

Tell (a Friend)

Dress
(in Sackcloth and Ashes)

Eat (Kale)

Give (*Tzedakkah*)

Go (to Synagogue)

Print this on a
30-Label Sheet
like AVERY 5160