**ELUL STORIES**

Sharing our stories, sharing lives, creating community

*Elul is the month leading up to Rosh HaShanah. Each day during the month, a different Temple Beth Torah congregant will share an Ethical Will or portion of one in order to help us prepare for this season of self reflection and personal growth.*

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**Values To Live By**

**Robin Steinberg**

"It's not hard to make decisions when you know what your values are."  
-Roy Disney

Becoming aware of your most important life values is something I was taught by my family long ago. This is a lesson I continually teach to my children and hope they too will pass it along to their children one day.

Once you determine your values, it gives your life a sharper focus and better clarity. These core values serve as a filter through which you make the choices that define who you are. Life becomes less stressful and more productive when you acknowledge what is most important to you. Once you accomplish this you then attempt to live by and honor those values regardless of the circumstances you encounter.

Living consciously and by your values also helps you to fully live in the present. It keeps you focused on the here-and-now, and experiencing things in the moment. See every new moment as an opportunity to embrace your passions, to live in alignment with your values, to fill the present with what matters to you most!

*Robin Steinberg is a member of the Board of Trustees of TBT and Co-Chair of our TLC@TBT committee. She and her husband Glenn, have 2 sons - Sam and Ryan.*
Would you like to share your Elul Story? Write an ethical will, in the form of a letter, a story or a collections of sayings. Include the "gifts" you would like to leave to your family focusing on the values and character traits which you feel are most important. Send it in its entirety or send a section of it to: ravsusie@gmail.com
If you missed any of the previous Elul Stories you can go to www.tbtiny.org (media galleries/elul stories).