

## **Active Anticipation • Parshat Emor**

After counting seven complete weeks following the Omer offering, we are commanded to celebrate

MacLeos and Clare Conway point to a connection between well-being and anticipation of positive future expectations. However, this correlation is most potent when participants were able to communicate multiple steps of growth towards a positive future goal. Anticipating positive events without having a framework for growth towards those goals does not impact well-being.

*Sefirat HaOmer* is not meant to be a passive longing