

Mussar Leadership Worksheet

The middah I am working on is:	Equanimity	<i>Menuchat ha-nefesh</i>	מְנוּחַת הַנֶּפֶשׁ
This middah is about:	“Rise above events that are inconsequential — both bad and good — for they are not worth disturbing your equanimity” (Rabbi Mendel of Satanov, <i>Cheshbon ha-Nefesh</i>).		
My mussar phrase is:	_____		
My mussar moment is:			
My haver is:			
My mitzvah is:			

My account of this week’s Mussar work:					
	Middah	Torah	Mitzvah	Hevruta	Journal
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Middot I worked on this week:							
<input type="checkbox"/>	Equanimity	<i>Menuchat ha-nefesh</i>	מְנוּחַת הַנֶּפֶשׁ	<input type="checkbox"/>	Frugality	<i>Keemutz</i>	קְמוּץ
<input type="checkbox"/>	Patience	<i>Savlanut</i>	סְבִלְנוּת	<input type="checkbox"/>	Diligence/Zeal	<i>Zerizut</i>	זְרִיזוּת
<input type="checkbox"/>	Order	<i>Seder</i>	סֵדֶר	<input type="checkbox"/>	Silence	<i>Shtikah</i>	שְׁתִּיקָה
<input type="checkbox"/>	Decisiveness	<i>Harizut</i>	חֲרִיצוּת	<input type="checkbox"/>	Calmness	<i>Nichutah</i>	נִיחוּתָא
<input type="checkbox"/>	Cleanliness	<i>Nekiyut</i>	נְקִיּוּת	<input type="checkbox"/>	Truth	<i>Emet</i>	אֱמֶת
<input type="checkbox"/>	Humility	<i>Anavah</i>	עֲנָוָה	<input type="checkbox"/>	Separation	<i>Prishut</i>	פְּרִישׁוּת
<input type="checkbox"/>	Righteousness	<i>Tzedek</i>	צְדָקָה				