

## Mussar Leadership Worksheet

The middah I am working on is:	<b>Humility</b>	<i>Anavah</i>	עֲנָוָה
This middah is about:	“Always seek to learn wisdom from every man, to recognize your failings and correct them. In doing so you will learn to stop thinking about your virtues and you will take your mind off your friend's faults” (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:				
	Cheshbon/Journal	Hevruta	Mitzvah	Torah Study
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

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				