

## Mussar Leadership Worksheet

The middah I am working on is:	<b>Separation</b>	<i>Prishut</i>	פְּרִישׁוּת
This middah is about:	“Strengthen yourself so that you can stop lewd thoughts. Draw close to your [spouse] only when your mind is free, [occupied only] by thoughts of fulfilling your conjugal duties and procreating” (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
<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>Salvanut</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				