

מידות Midos- Traits from Chesbon HaNefesh by Rabbi Mendel of Satanov

1 מנוחה הנפש Equanimity: Rise above events that are inconsequential – both bad and good- for they are not worth disturbing your equanimity.

2 מבלנות Patience: When something bad happens and you did not have the power to avoid it, do not aggravate the situation even more through wasted grief.

3 מדר Order: All your actions and preparations should be orderly – in a set place and at a set time. Let your thoughts be free to deal with what is ahead of you.

4 חריצות Decisiveness: All actions should be preceded by deliberation. When you have reached a decision, act without hesitation.

5 נקיון Cleanliness: Let no stain or ugliness be found on your possessions, and certainly not on your body or clothes.

6 ענוה Humility: Seek to learn from everyone. Recognize your failings and correct them. Stop thinking about your virtues and your friend's faults.

7 צדק Righteousness: What is hateful to you, do not do to your neighbor

8 קמוץ Frugality: Be careful with your money. Spend wisely

9 זריזות Diligence: Don't allow a moment of your life to be wasted. Always find something to do to benefit yourself or someone else.

10 שתיקה Silence: Before you open your mouth, be silent and reflect - What benefit will my speech bring me or others?

11 נוחותא Calmness: The words of the wise are stated gently. In being good, do not be called evil.

12 אמת Truth : Do not say anything that you are not certain is completely true.

13 פרישות Separation: Stop lewd thoughts. Have conjugal relations only with proper intent.

Alternatives

הסתפקות Temperance: Before eating or drinking consider what benefit this has to your health or what mitzvah it fulfills.

מתינות Deliberation: Do not be hasty. Pause while speaking or acting to deliberate and calm yourself.

צניות Modesty: Distance yourself from lust

בטחון Trust: If worry comes to you, take it as a warning from G-d who loves you. Examine your deeds and take counsel.

גדיבות Generosity: Find satisfaction in acting kindly towards others.