



TIKKUN MIDDOT

THE JOURNEY TO BEING YOUR BEST SELF



שִׂמְחָה | Simchah | **Finding Joy**

It's a great mitzvah to **find joy** always! *Rabbi Nachman Breslov*



נִצָּחוֹן | Nitzachon | **Pushing Through a Challenge**

It is not your duty to **finish** the work, but neither are you free to abandon it. *Pirkei Avot 2:16*



בִּטְחוֹן (עֲצְמִי) | Bitachon (Atzmi) | **Confidence, Independence**

Trust yourself. Create the kind of self that you will be happy to live with all of your life. *Golda Meir*



תְּפָאֶרֶת | Tiferet | **Finding Inner Beauty & Balance**

Don't look at the container, rather **what is in it.** *Pirkei Avot 4:20*



רַחֲמִים | Rachamim | **Acting With Your Heart**

You shall **love your neighbor** as yourself. *Leviticus 19:17-18*



אַחֲרָיוֹת | Acharayut | **Thinking About Others**

How good it is when we dwell together in **unity.** *Psalms 133:1*



בִּינָה | Binah | **Seeking Meaning**

Seek what **you need** and give up what you don't need. *Rabbi S. Iban Gabriol*