



# Simchah **Finding Joy**

*What helps you  
find joy in the day?*

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

*Rabbi Nachman Breslov*





# נִצְחון

## Nitzachon Pushing Through a Challenge

*What new  
challenge will you  
take on today?*

It is not your duty to  
**finish** the work, but  
neither are you free  
to abandon it.

*Pirkei Avot 2:16*





# בטחון (עצמי)

Bitachon (Atzmi)  
**Confidence, Independence**

*What would you like to take  
responsibility for today?*

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

*Golda Meir*





# תפארת

## Tiferet

### **Finding Inner Beauty & Balance**

*Have you done something for  
someone else today or tried  
to make your surroundings  
a better place?*

Don't look at the  
container, rather  
**what is in it.**

*Pirkei Avot 4:20*





Rachamim  
**Acting With Your Heart**

*What good act did  
you perform today?*

You shall **love your  
neighbor** as yourself.

*Leviticus 19:17-18*







# אחריות

## Acharayut Thinking About Others

*How does being a  
part of a community  
make you feel?*

How good it is  
when we dwell  
together in **unity**.

*Psalms 133:1*





בִּינָה

# Binah

## Seeking Meaning

*Were you honest with  
yourself today?  
Were you honest with  
those around you?*

Seek what **you need**  
and give up what you  
don't need.

*Rabbi S. Iban Gabriol*

