



The Mussar
Institute

*A*ccounting of the Soul
Cheshbon Ha'nefesh
חשבון הנפש

*M*IDDDAH/SOUL-TRAIT

*M*orning
Affirmation

*G*oal For
This Week

*K*abbalat

Exercises

Observations

Quotes - Learned From Sources

Week # _____ Dates: _____



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Accounting of the Soul Day 1

Date: _____

MIDDDAH/SOUL-TRAIT

Evening
Diary



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Accounting of the Soul Day 2

Date: _____

MIDDDAH/SOUL-TRAIT

Evening
Diary



Date: _____

*M*IDDDAH/SOUL-TRAIT

*E*vening
Diary



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Accounting of the Soul Day 4

Date: _____

MIDDDAH/SOUL-TRAIT

Evening
Diary



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Accounting of the Soul Day 5

Date: _____

MIDDDAH/SOUL-TRAIT

Evening
Diary



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Accounting of the Soul Day 6

Date: _____

MIDDDAH/SOUL-TRAIT

Evening
Diary



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Accounting of the Soul

Day 7 – Shabbat

Date: _____

Please make your notes after sundown in order not to desecrate Shabbat with writing.

MIDDDAH/SOUL-TRAIT

Lessons
Learned
This Week
