

My Mussar Tracker

Fruit	S	M	T	W	TH	F	SHABBAT!
My words and acts exhibited self control matsar- מַעֲצָר I did not hit back, shout, whine, beg, or grumble to get my way.							
My acts and words were gentle anvah- עֲנָוָה I did not say or do hurtful, unkind, or bragging things.							
My words and acts were faithful emunah- אֱמוּנָה I did not talk-back, lie, interrupt, complain, or disobey orders.							
My acts and words were good tov- טוֹב I did not seek my own, but for the sake of others.							
My words and acts were kind chessed- חֶסֶד I did not take without giving first, tease, hurt, or talk over people.							
My acts and words were patience lo la'ah- לֹא לָאָה I did not pout, complain, yell when I had to wait on others.							
My words and acts were peaceful shelem- שְׁלֵם I did not act or speak out in anger, or encourage anger in others.							
My acts and words were joyous sasohn- שִׂשׂוֹן I did not forget to seek out and rejoice with gratitude for G-D in my day.							
My words and acts were loving ahav- אָהַב I did not expect all I wanted but sacrificially gave to others.							

²²But the fruit of the Ruach is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control.
~Galatians 5:22