HESHBON HANEFESH / An Evaluation of the Self

*Temple Emanu-El of Palm Beach*

*www.tepb.org*

1. Calmness / ניחותא / Nichutah

* Under what circumstances do you express your needs gently, and when do you not?
* What are the things that make you feel at peace, and how often do you make space for them?
* What – if any – are the things that cause you to make rash decisions?

2. Temperance / הסתפקות / Histapkut

* In what areas of your life are you predisposed to excess?
* In what areas do you live a life of moderation?
* In what ways do you push yourself too hard, or not hard enough?

3. Truth / אמת / Emet

* What conditions might cause you to be less than totally honest with someone?
* How much effort do you expend ensuring that your opinions are backed by knowledge or fact?
* To what extent is your honesty compromised if the issue in question is known only to yourself?

4. Patience / סבלנות / Savlanut

* Are you more patient with others than you are with yourself?
* Under what circumstances – if any – do you lose patience?
* How does your impatience manifest itself? With others? With yourself?

5. Silence / שתיקה / Sh’tikah

* In what ways do you set aside “quiet time” for yourself, and do you think you do so often enough? If not, why not?
* To what degree do you consider the effect your words will have on another person before you speak them?
* Does gossiping bring you pleasure? If so, why?

6. Modesty / צניעות / Z’niut

* In what circumstances – if any – do you feel compelled to show-off or be boastful? Why?
* To what degree do you care about what other people think of you?
* What personal mannerisms of yours are you least proud of, and what plans do you have to change them?

7. Generosity / נדיבות / Nedivut

* Under what conditions do you hold the needs of others equal, or more important, to your own?
* To what extent do you expect or desire honor in exchange for your generosity?
* Excluding money, in what other ways do you consider yourself to be a generous person?

8. Trust / בטחון / Bitachon

* With all that is going on in the world, do you retain hope for the future? If you do not, describe why.
* In what ways do you believe that you have the ability to improve your life and the things around you?
* How would you describe your purpose on earth?

9. Separation / פרישות / Prishut

* To what degree of success do you distance yourself from unhealthy situations and relationships?
* To what extent do you live with an eye towards the past or future versus living in the moment?
* Do you make space for the sacred in your life, and if so, how?

10. Deliberation / מתינות / Metinut

* To what extent do you fully consider the short and long term consequences of your actions before you act?
* What forces have the greatest influence on your decision-making - the desires of your heart or the logic of your mind?
* When making important decisions, to what degree do you solicit outside advice? How often to you heed it?

11. Cleanliness / נקיות / Nekiyut

* Do you consider yourself to be dignified in your manners?   
  In what ways yes, and in what ways no?
* In what ways do you fill your life with beautiful things and experiences?
* Do you feel worthy of having beautiful things in your life, and how does your answer influence your behavior?

12. Frugality / קימוץ / Kimutz

* Do you possess any wasteful habits, and what would they be?
* Do you live within your means? Describe the areas where you do not and speculate on why you don’t.
* What would you consider to be the minimum number of things you would need in your life in order to be happy? Describe them.

13. Humility / ענוה / Anavah

* What would you say would be the main areas of your life in which you have more to learn?
* Why do you think that most people are inclined to think that their view of things is always the correct one?
* Do you have more questions than answers?

14. Diligence / זריזות / Zerizut

* Is there a difference between the amount of time you spend on truly important endeavors versus the amount of time and energy you spend on trivial ones?
* How much effort are you willing to spend to get what you really want?
* What gets more of your energy and attention – physical or mental pursuits?

15. Righteousness / צדק / Tzedek

* In what ways would people consider you to be an honest person? Can you list anything that might make them think otherwise?
* How honest are you when no one is looking compared to when they are?
* How deeply do you care about distant things that have no impact on you personally?

16. Equanimity / מנוחת הנפש / Menuchat Ha-Nafesh

* Describe your ability to distinguish between consequential and inconsequential events?
* To what degree do you accept that which you cannot change?
* What are the areas of your life in which you are content? Are there areas in which you are not, but perhaps should be?

17. Decisiveness / חריצות / Hariztut

* To what extent do you act promptly when your reasoning is sure, or do you continue to doubt yourself?
* Are you more of a “do it now” type of person, or a “there’s always tomorrow" type of person?
* How much information do you feel you need to have before making a decision?

18. Order / סדר / Seder

* To what extent – if any – does a lack of order or organization in your life use up energy that could be used elsewhere?
* What do you most want to accomplish this coming year? Over the next five years?
* What are the biggest obstacles standing between you and the attainment of your goals?