



ACTT 8th Year Middos Daily Activity/Action Log

Middah# (M#)	Middah	Middah# (M#)	Middah
1	Loving G-d	27	Piety
2	Loving Others	28	Purity
3	Hurtful Speech	29	Fear of G-d
4	Responsibility	30	The Honor of Torah
5	Cruelty	31	Anger
6	Faith	32	Mockery
7	Truth	33	Discord
8	Shame/Embarrassing Others	34	Self-Sacrifice
9	Trust	35	Forbearing Affront
10	Our Responsibilities to Others	36	Growth Through Challenges
11	Pride	37	Cleanliness
12	Worry	38	Revenge
13	Cleaving to Hashem	39	Greeting Others Cheerfully
14	Judging People Favorably	40	Orderliness
15	Gratitude	41	Tolerance
16	Punctiliousness	42	Humility
17	Being Content With Less	43	Stubbornness
18	Divine Providence	44	Abstinence
19	Influence	45	Jealousy
20	Being Forgoing	46	Mercy & Graciousness
21	Influencing the Public for the Good	47	Drive
22	Remembering/Forgetting	48	Peace
23	Alacrity	49	Happiness
24	Desire/Passion	50	Silence
25	Flattery	51	Reproof
26	Kindness	52	Return

Date	M#	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current week’s middah activity/action and up to 2 maintenance (a previous week middah) activities/actions		
mm/dd/yy	15	Appreciate what you do have rather than what you do not have
	14	Remember the excuses one makes for oneself - apply these excuses to the one who wronged you
	9	Internalize that success is from Hashem and if you turn to Him sincerely, He will certainly help you succeed if it is in your best interest



ACTT 8th Year Middos Daily Activity/Action Log (continued)

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