

תפארת



I complimented someone today



I drew a card for someone sick or lonely



I said a perek of Tehillim



I made someone smile today



I called someone who was absent



I helped my mother in the kitchen



I organized a cabinet, closet or room



I helped someone study for a test



I helped someone with schoolwork

נצח



I kissed the סוזנה



I helped my mother instead of riding my scooter



I chose to say גפילמן instead of reading a novel



I spoke nicely even when I felt like yelling



I called my grandmother instead of a friend



I did one act of טוב that no one knows about



I let my sister have the phone first



I held my little sibling or nephew for the umpteenth time



I refrained from listening to לשון הרע

גבורה



I apologized to someone and admitted that I was wrong



I was able to keep a secret



I washed and ate shalosh seudos



I said krias shema from a siddur even when I was very tired



I changed the subject during a conversation



I controlled myself from eating on the street



I forgave someone and let go of a grudge



My little sister confided in me and I gave her my time and attention



I didn't interrupt someone today

יסוד



I said כונה with שמע before I went to sleep



When I washed my hands I thought about the מצוה of "נשטרתם מאד לנפשתיכם"



I replaced a word with one that was more refined.



When I took a walk I thought about ה'



When I got dressed I thought about my צניעות clothing



During a meal I had in mind that I am eating to have energy to serve ה'



I spoke kindly to my siblings

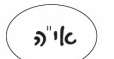


I exercised to keep healthy to serve Hashem

מלכות



When I said אני מאמין I concentrated on the meaning



I said אוי"ף today



I thought about ה' השגחה פרטית in my life



When I davened I thought about the meaning of the words



When I planned something I knew that only ה' can make it happen

חסד



I offered my mother a cold drink



I invited a girl to sit next to me by lunch



I included a girl in my conversation



I davened for my friends hatzlecha



I called a girl who was absent



I held the door open for someone



I offered assistance to a friend before she asked for it



I greeted someone by name with a smile

הוד



I said אשר יצור with כונה



I thanked ה' for...



I thanked my mother for...



I spent 60 seconds thanking ה' for my health



I thanked ה' for 10 things



I thanked someone who did a service - mailman, waiter...



I felt grateful for an appliance I usually take for granted



I called someone to thank her for a favor