



My Sefirah Calendar





Dear Student,

A sapphire found in the ground is raw and unpolished. What does it take for that stone to look like the exceptionally valuable gem that it really is?

It requires concentrated efforts, care, time and lots of detailed work.

It requires purification, polishing, chiseling and shaping.

During these special, auspicious days of Sefiras Ha' Omer we all have one goal, one desire. We want to work on ourselves to become better people. How do we accomplish this goal?

The torah gives us clear direction of how we can utilize the 49 days between Pesach and Shevuos.

We have the mitzvah of Sefiras HaOmer as it is written:
”וספרתם לכם ממחרת השבת מיום הביאכם את עומר התנופה”...

Count the days from the day after Shabbos – the second day of Pesach, from the day that the עומר was brought...

We don't only count the days, we make the days count by working on specific middos, called sefiros, each day.

The seven sefiros are:

חסד, גבורה, תפארת, נצח, הוד, יסוד, מלכות

This Sefira Planner will help you plan your days, so that you can take one small, practical step to polish your neshama for Kabbalas HaTorah.

<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
---	---	---

<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> <input type="checkbox"/> יום לעומר </div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
---	---	---

מידה | חסד

of the week

חסד is selflessly giving to others.



Bringing it home:

I can think beyond myself and give to others

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
--	--	--

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
--	--	--

מידה | גבורה

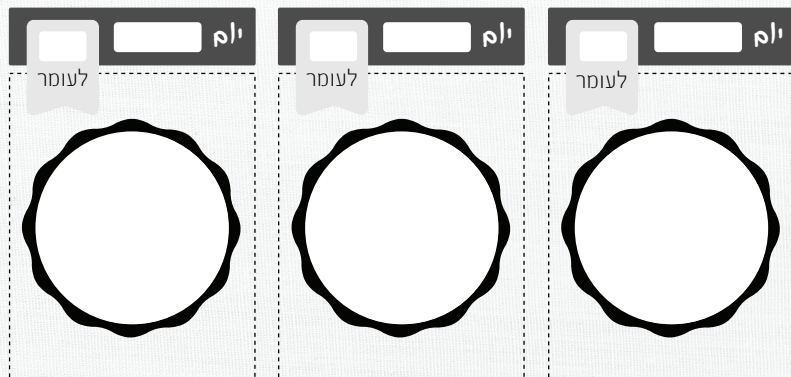
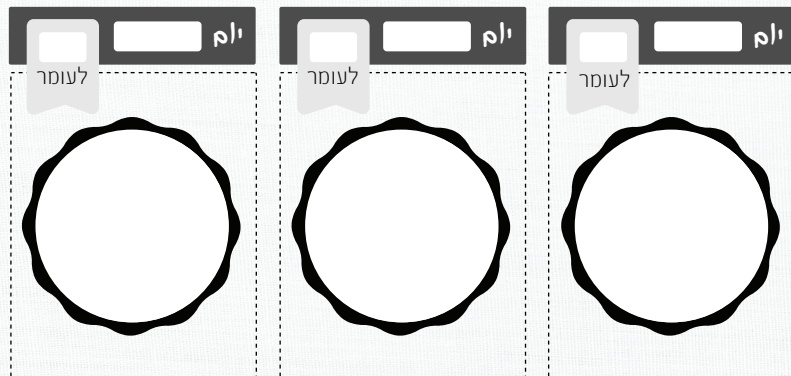
of the week

גבורה is strength of character to do what's right.



Bringing it home:

I am strong; I can do what's right even if it's hard for me.



מידה | תפארת

of the week

תפארת is splendor; bringing splendor to Hashem's Name.



Bringing it home:

I can use my talents to make a Kiddush Hashem.

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
--	--	--

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="margin-top: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin: 10px auto;"></div>
--	--	--

מידה | נצח

of the week

נצח is choosing eternity over things that are temporary.



Bringing it home:

I can choose to do things that have eternal value over temporary pleasure.

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>
---	---	---

<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div>יום</div> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 5px;"> <div style="display: flex; align-items: center;"> <div style="background-color: #ccc; padding: 2px 5px; font-size: 8px; margin-right: 5px;">לעומר</div> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; margin-left: 10px;"></div> </div> </div>
---	---	---

מידה | הוד

of the week

הכרת הטוב הוד is מלשון הודאה הוד, which is expressing טוב.



Bringing it home:

I acknowledge and express my
הכרת הטוב to Hashem

<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>
--	--	--

<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> יום <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> </div> <div style="margin-top: 5px;"> לעומר </div> <div style="text-align: center; height: 150px;"> </div> </div>
--	--	--

מידה | יסוד

of the week

TOD is elevating גשמייות to רוחניות.



Bringing it home:

I can serve Hashem with everything I do.

יום <input type="text"/> <input type="text"/> לעומר <input type="text"/> 	יום <input type="text"/> <input type="text"/> לעומר <input type="text"/> 	יום <input type="text"/> <input type="text"/> לעומר <input type="text"/>
---	---	---

יום <input type="text"/> <input type="text"/> לעומר <input type="text"/> 	יום <input type="text"/> <input type="text"/> לעומר <input type="text"/> 	יום <input type="text"/> <input type="text"/> לעומר <input type="text"/>
---	---	---

מידה | מלכות

of the week

מלכות is the אמונה that Hashem is מלך and we're here to serve Him. This is the ultimate level that we reach when we acquire all ספירות.



Bringing it home:

Throughout the day, I can work on making Hashem a bigger focus

