



Mussar Program

I, _____, accept upon myself, bli neder, to learn at least 5 minutes of Mussar each day, from August 28th through October 4th. (Allowance is made for one missed day per week if necessary in order to join the raffle.)

SIGNATURE _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	שבת
August 28	August 29	August 30	August 31	September 1	September 2	September 3
September 4	September 5	September 6	September 7	September 8	September 9	September 10
September 11	September 12	September 13	September 14	September 15	September 16	September 17
September 18	September 19	September 20	September 21	September 22	September 23	September 24
September 25	September 26	September 27	September 28	September 29	September 30	October 1
October 2	October 3	October 4				

To be entered into a raffle for a chance to win \$250 to The Market!

- Learn *at least 5 straight minutes* of Mussar every day, beginning August 28th.
 - Learn from the text of a Mussar Book, either in Hebrew or English. Some classical Mussar Books include: Mesillas Yesharim, Orchos Tzadikim, Sharai Teshuva, Chovos Halevavos, Sefer Hayashar, Maalos Hamidos, Ohr Yisroel.
 - Another option would be listening to a daily recording. Contact Rabbi Yaacov Cohen (443)204-1822 to join a men's daily 5 minute WhatsApp group and Chani Rodin (773)936-9226 to join a women's daily 5 minute WhatsApp group.
- All men and women are encouraged to participate. Feel free to copy this form and distribute it to your friends, relatives, co-workers etc.
- After successful completion of the program, please email forms to Chani.Rodin@gmail.com. The deadline for submission is October 7th.
- For questions please call (773)562-0263

Name of Participant: _____ EMAIL: _____