

SELF STEPS

THE JEWISH FAMILY VALUES PROJECT

PATIENCE אומץ



IDEAS

Rabbi Menachem Mendel of Satanov gives the following guidance about patience: "When something happens to you and you did not have the power to control it, do not aggravate the situation further through wasted anxiety or grief." The dictionary says: the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Patience is all about the long game.

SELF STEPS

- On a scale of 1-10 how patient would you say you are?
- What are your thoughts when you are feeling impatient?
- In what situations is patience needed?
- In what situations is patience not the appropriate response?
- When do you find you have more patience?

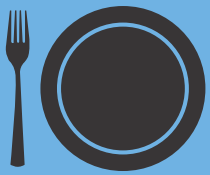


TABLE TALK

What is an example of humility that you have seen in the world?

Why do you think that humility is the first value to start with when starting to refine your character? Can you be open to change without humility? Why or why not?

What would be the 3 character traits you want to work on this year?



ACTIONS

Experiment with what happens when you listen more than speak.

Look for examples of people who have humility. How do they interact with others?

Find an opportunity to ask someone a bunch of questions on a topic you don't know anything about. Identify something you know about and think about how to use it to help others.



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