

## WEEK 1

### איזהו עשיר? השמח בחלקו

- Someone who is happy with what he has, is rich!
- If someone always wants more and more, she will never be happy
- Having more does not mean that someone is happier
- Practical APP:** the next time your friend does something that seems mean to you think of a way to judge her favorably

## WEEK 4

### והוי מקבל את כל האדם בסבר פנים יפות

- Greet everyone with a pleasant, cheerful face
- We have to greet each person warmly, with a smile and a pleasant look on our face so that the person will THINK that we are happy to see her
- When we greet a person, even if we are NOT happy to see them, we must always greet them with a smile and/or a pleasant look on our face
- Practical APP:** the next time your friend comes over to visit you and you are really not in the mood, still make sure to greet her with a smile.

## WEEK 2

### הפך בה... דכלא בה...

- Everything is written in the Torah
- All secular studies are found in the Torah too
- We ask a Rav any type of question we have because he learns Torah and everything is written in it
- Practical APP:** the next time you want to do something and your mother tells you that you can't because your Rav doesn't think it's a good idea- listen happily because everything is found in the Torah

## WEEK 5

### ואל תהי נוח לכעס

- We should not get angry easily
- We have to work on ourselves so our automatic reaction should not be to get angry
- Think about the situation and see if it's really worth it to get angry
- Practical APP:** the next time someone makes your brand new outfit dirty or ruins your favorite t-shirt- try to control your anger by counting to 10 or some other way.

## WEEK 3

### לפום צערא אגרא

- The reward you get is according to the amount of work you put in
- The harder something is to do; the more sechar you receive
- Don't skip over doing something that is hard for you to do
- Practical APP:** the next time a your mother asks you to take out the garbage or watch your baby brother or sister and all you rather do is sit in bed curled up with a book because you are so tired- do it anyways because you'll get more sechar

## WEEK 6

### כל שרוח הבריות נוחה הימנו, רוח המקום נוחה הימנו

- Anyone who people find pleasant, Hashem also finds pleasant
- The way we behave reflects on what Hashem thinks of us
- Someone who acts the proper way creates a big Kiddush Hashem
- Practical APP:** the next time you are with your friend in a store and you're having so much fun, don't forget to act like a Jewish daughter and make a Kiddush Hashem.

## WEEK 3

### מה רבו מעשיך ה'

- How great/many are Your deeds Hashem, All of them You have made with wisdom –the earth is full of Your creations.
- Hashem has made our bodies so perfect- that we take it for granted
- If you look outside at the beautiful world you will see all of Hashem's gorgeous and stunning creations!
- Practical APP:** thank Hashem 2 times today for 2 different things that you always took for granted

## WEEK 7

### איזהו עשיר? השמח בחלקו

- Someone who is happy with what he has, is rich!
- If someone always wants more and more, she will never be happy
- Remember Yaakov- "יש לי כל"
- Practical APP:** the next time your friend has something newer than you and you want to ask your mother to buy it for you too- remember to be happy with what you have and don't ask your mother to buy it

## WEEK 8

### הוי עז כנמר...לעשות רצון אביך שבשמים

- Be bold as a leopard, light and swift as an eagle, and run as quickly as a deer, and be strong as a lion to carry out the will of your father in Heaven
- Be like the leopard and do what is correct even if it's uncomfortable
- Be like a deer and run to do mitzvos
- **Practical APP:** the next time your mother asks you to clean the playroom run like a deer to do it

## WEEK 11

### המלבין פני חבירו ברבים אין לו חלק לעולם הבא

- If someone embarrasses another person in public he does not have a chelek in olam haba
- Try to think before you speak so you won't say something that might embarrass another person
- Someone who is embarrassed in public and doesn't respond has a special koach to give a bracha
- **Practical APP:** the next time you want to say a comment to your friend and you're not sure if it will embarrass her, don't say it.

## WEEK 9

### נושא בעל עם חברו

- One who carries the burden with his friend
- A good friend is someone who is in tune with what her friend needs
- It can be physical help, emotional- chizuk, or sharing in her family's simcha, and even studying with her
- **Practical APP:** the next time your friend is feeling sad, ask her why before she even tells you so she will see you care and noticed.

## WEEK 11

### הוי מקבל את כל האדם בשמחה

- Greet everyone cheerfully
- Smile and make eye contact when you are speaking to someone
- You can make someone's day!
- **Practical APP:** the next time you are not in such a good mood smile and greet your friend cheerfully anyways!

## WEEK 10

### הוי דן... לכף זכות

- Always judge others in good way
- Try to think of a positive reason of why someone is acting/speaking this way
- There is more than what meets the eye
- **Practical APP:** the next time your friend does something that seems mean to you think of a way to judge her favorably.

## WEEK 10

### אל תהי נח לכעוס

- You should not be someone who gets angry easily
- Try to take a deep breath or count to 10 before responding
- Remember the great reward you receive when you hold yourself back
- **Practical APP:** the next time your sibling uses something of yours without permission try to remember to count to 10 or take a deep breath before responding or don't say anything at all