**Ingredients for a Healthy Mussar Diet**

1. **Game plan:** Create a list of *about* 13 traits with one week devoted to each trait so that you will get to it 4 times a year. This list will take some time to compile.

Note: Mussar is about working on developing good traits, not focusing on behaviors that you don’t want. You don’t have bad traits; just too little (or too much) of a positive.

1. A **mantra** that captures the way you feel about the specific trait of that week .This can be used in a number of ways:
   1. Constant reminders
   2. Meditation
   3. *Hispaalus*- Chanting
2. A ***Cheshbon Hanefesh*** (accounting of the Soul) notebook that you write in nightly. This can be done as a journal or a checklist.
3. A **half an hour a day learning** texts that are related to your trait of the week.
4. ***Kabbalos****:* action steps that will inspire you.
5. *For extra flavor*: A *Mashgiach* (spiritual coach), or *Chavrusa* (Partner)*,* and/or *Chabura* (group of people) who serve as your support group that you can share your Mussar highs and lows with.
6. *For even more flavor*: **Visualizations**
7. System of Rewards