

Making Mensches: A Periodic Table

Inspired by Tiffany Shlain's *Periodic Table of Character Strengths*. Watch *The Science of Character* & learn more at LetItRipple.org. Adapted by Rabbi Avi Orlow. For additional resources, contact avi@jewishcamp.org.

"The Maharal of Prague [Rabbi Yehudah Loeb, d.1609] created a golem, and this was a great wonder. But how much more wonderful is it to transform a corporeal human being into a mensch!"


— Rabbi Israel Salanter,
Founder of the Modern Mussar Movement

1 Wisdom חכמה <i>Hochma</i> Wi	2 Courage אומץ לב <i>Ometz Lev</i> Co	<p>"The Maharal of Prague [Rabbi Yehudah Loeb, d.1609] created a golem, and this was a great wonder. But how much more wonderful is it to transform a corporeal human being into a mensch!"</p> <p>— Rabbi Israel Salanter, Founder of the Modern Mussar Movement</p>				3 Wonder מלכות <i>Malchut</i> Tr
4 Understanding בינה <i>Bina</i> Wi	5 Zest & Zeal זריזות <i>Zerizut</i> Co *					6 Decency & Social Intelligence דרך ארץ <i>Derech Eretz</i> Ho *
8 Sensibility דעת <i>Daat</i> Wi	9 Confidence בטחון <i>Bitachon</i> Co	10 Compassion רחמים <i>Rachamim</i> Ho	11 Justice דין <i>Din</i> Ju	12 Calm & Composure מנוחת הנפש <i>Menuchat HaNefesh</i> Mo	13 Contentment הסתפקות <i>Histapkut</i> Mo	14 Love אהבה <i>Ahava</i> Tr
15 Curiosity סקרנות <i>Sakranut</i> Wi *	16 Discipline & Will Power גבורה <i>Gevurah</i> Co *	17 Kindness חסד <i>Chesed</i> Ho	18 Community Mindedness ערבות <i>Areyvut</i> Ju	19 Organization & Order סדר <i>Seder</i> Mo	20 Humility ענוה <i>Anavah</i> Mo	21 Gratitude הכרת הטוב <i>Hakarat HaTov</i> Tr *
22 Creativity יצירתיות <i>Yetziratiut</i> Wi	23 Conviction אמונה <i>Emunah</i> Co	24 Loyalty נאמנות <i>Ne'emanut</i> Ho	25 Social Responsibility אחריות <i>Achrayut</i> Ju	26 Patience סבלנות <i>Savlanut</i> Mo	27 Modesty צניעות <i>Tzniut</i> Mo	28 Joy שמחה <i>Simcha</i> Tr
29 Appreciation of Opposition הערכה של מחלוקת <i>Machloket</i> Wi	30 Perseverance & Grit נצח <i>Netzach</i> Co *	31 Pursuit of Peace רדף שלום <i>Rodef Shalom</i> Ho	32 Compassionate Criticism תוכחה <i>Tochecha</i> Ju	33 Forgiveness מחילה <i>Machilah</i> Mo	34 Piety חסידות <i>Chassidut</i> Mo	35 Wholeness & Peacefulness שלמות <i>Shleimut</i> Tr *
36 Foresight רואה את הנולד <i>Roeh et HaNolad</i> Wi	37 Integrity ישר <i>Yosher</i> Co	38 Leadership מנהיגות <i>Manhigut</i> Ho	39 Righteous צדק <i>Tzedek</i> Ju	40 Amenability הוד <i>Hod</i> Mo	41 Balance & Inner Beauty תפארת <i>Tiferet</i> Mo	42 Groundedness יסוד <i>Yesod</i> Tr
						43 Majesty כתר <i>Keter</i> Wi ∞

KEY

-  Wisdom
-  Courage
-  Honor
-  Justice
-  Moderation
-  Transcendence

* These 7 *Middot*, or character traits, are keys to success, according to Paul Tough in his book, *How Children Succeed*.

 Jewish ethics are based on the idea that we are created in the Divine image. The Kabbalah imagined that *HaShem* is revealed in a number of attributes, or *sfirot*, which correspond to our highest aspirations for human character.

∞ The highest *sfirah*, attribute, not understood in a human context.