

# 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](http://LetItRipple.org). Adapted by Rabbi Avi Orlow. For additional resources, contact [avi@jewishcamp.org](mailto:avi@jewishcamp.org).

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