



# Taste of Mussar – Lesson 3

## Focus Phrase

The focus phrase we recommend to help you infuse yourself with this *middah* is drawn from the words of the sage Hillel, whom we quoted: “If not now, when?”

Write the phrase “If not now, when?” on a card. And you can make it into a computer screensaver, send yourself emails, or make up a melody to sing to yourself.

Repeat the phrase “If not now, when?” to yourself several times every morning while enthusiasm is in focus.

## Journaling Prompts

You can use your journal to consider and explore how enthusiasm as well as obstacles to enthusiasm show up in your life.

For example, do you see a role for *z’rizut* in overcoming any issues you might be facing?

Make an effort to notice when you are not doing what you think is important to do, what you might be avoiding, or what you are hesitating about. Then ask yourself “what can I be grateful for, that would inspire me to have *z’rizut*?”

Particularly notice any bodily sensations that shift as you bring your awareness to gratitude. Do you have more energy? Is your mind more peaceful?

To help establish clarity and priorities, try to identify one thing in your life that you feel is important to your overall wellbeing, to your ability to have more clarity and energy for the “right” things.” It might be meditating 10 minutes a day, walking in the woods in the early morning, praying with extra concentration, or writing a “to do” list each morning that highlights what is most important.

Reflect in your journal on what you have noticed during the day. Did excuses, or rationalization, or busyness, or laziness, or inspiration come up for you?



## **Visualization**

We've prepared an audio visualization for you to listen during this lesson as well. Please listen to it as soon as possible, and then practice this visualization repeatedly throughout the week.

Notice what you experience in your guided visualization on *z'rizut* and write about it in your journal.