



The Jewish Soul Calendar

Inspired by Mussar Teachings

Featuring quotes, phrases, and practices drawn
from “Every Day, Holy Day” by Alan Morinis

תשפ"ז

2026-2027



Jewish Holidays at a Glance

- Rosh Hashanah - Jewish New Year, a time of reflection and renewal.
- Yom Kippur - Day of Atonement, devoted to prayer and forgiveness.
- Sukkot - Festival of booths, celebrating gratitude and harvest.
- Simchat Torah - Celebration of completing and restarting the Torah cycle.
- Chanukah - Festival of Lights, commemorating the Temple rededication.
- Tu B'Shvat - New Year for the trees, honoring nature and growth.
- Purim - Festival of joy, recalling the story of Esther.
- Passover (Pesach) - Remembering the Exodus from Egypt and freedom.
- Shavuot - Festival celebrating the giving of the Torah.
- Tisha B'Av - Day of mourning, recalling the destruction of the Temples.
- Tu B'Shvat - Jewish day of love, joy, and new beginnings.

How to Use This Calendar

Mussar is a Jewish practice that helps us bring our best selves into everyday life. Each month, you'll focus on one soul trait through a teaching, a focus phrase, and a simple practice.



Middah

A Jewish soul trait.



Quote

A teaching from the Mussar tradition to reflect on.



Focus Phrase

A few words to carry with you.



Practice

One simple action to try this month.



There is no perfect way to practice Mussar.

Small steps, taken consistently, can lead to lasting change.

Loving-Kindness | Chesed | חסד

“If you make an effort to help everyone you meet, you will feel close to everyone. A stranger is someone you have not yet helped. By doing acts of kindness for everyone, you can fill your world with friends and loved ones.”

Rabbi Eliyahu Dessler (1892–1953)

Focus Phrase:

My world stands on the selfless caring of others.

Practice: Make a phone call, a visit, or send a message every day this week, as an act of loving-kindness.



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תשפ"ו-תשפ"ז

September

אלול-תשרי

Elul-Tishrei

2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Parashat Nitzavim Vayelech
		יט	כ	כא	כב	כג
6	7 Labor Day	8	9	10	11 Erev Rosh Hashanah	12 Rosh Hashanah
כד	כה	כו	כז	כח	כט	א
13 Rosh Hashanah	14	15	16	17	18	19 Parashat Ha'azinu
ב	ג	ד	ה	ו	ז	ח
20 Erev Yom Kippur	21 Yom Kippur	22	23	24	25 Erev Sukkot	26 Sukkot I
ט	י	יא	יב	יג	יד	טו
27 Sukkot II	28 Sukkot III	29 Sukkot IV	30 Sukkot V			
טז	יז	יח	יט			

Enthusiasm | Zerizut | זריזות

“Enthusiasm depends on the state of a person's heart. When someone frees their heart of all other thoughts that reside in it and seizes upon one thought, then they will without doubt be enthusiastic in its execution. ”

Orchot Tzaddikim, (1540)

Focus Phrase:
If not now, when?



Practice: Every day, tackle one of the things that has been languishing at the bottom of your to-do list.

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October

תשרי-חשוון

Tishrei- Cheshvan

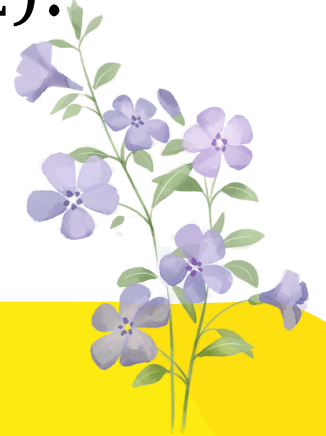
2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Sukkot V	2 Hoshana Rabbah	3 Shemini Atzeret
				כ	כא	כב
4 Simchat Torah	5	6	7	8	9	10 Parashat Bereshit
כג	כד	כה	כו	כז	כח	כט
11	12 Columbus Day Rosh Chodesh Cheshvan	13	14	15	16	17 Parashat Noach
ל	א	ב	ג	ד	ה	ו
18	19	20	21	22	23	24 Parashat Lech Lecha
יז	יח	יט	י	יא	יב	יג
25	26	27	28	29	30	31 Parashat Vayerah
יד	טו	טז	יז	יח	יט	כ

Joy | Simcha | שמחה

“If one is always joyful, one’s face will shine, one’s countenance will be radiant, one’s body will be healthy, and old age will not leap upon one, as it is written, “A happy heart is as healing as medicine” (Proverbs 17:22).

Orchot Tzaddikim (1540)



Focus Phrase:

*My mouth is filled with laughter, my lips
with shouts of joy.*

Practice: Step away from your busyness and savor several moments every day; feel the joy that is available to you.

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November

חשוון-כסליו Cheshvan-Kislev

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Parashat Chayei Sarah
כא	כב	כג	כד	כה	כו	כז
8	9	10	11 Rosh Chodesh Kislev Veterans Day	12	13	14 Parashat Toldot
כח	כט	ל	א	ב	ג	ד
15	16	17	18	19	20	21 Parashat Vayetzei
ה	ו	ז	ח	ט	י	יא
22	23	24	25	26 Thanksgiving	27	28 Parashat Vayishlach
יב	יג	יד	טו	טז	יז	יח
29	30					
יט	כ					

Calmness | Shalva | שְׁלוּוָה

“Rabbi Simcha Zissel Ziv of Kelm (1824–1898) developed a strategy to never lose his temper. He had a special jacket that he had set aside to wear when he was angry. He said, “When I feel anger coming on, I know that I have to get my special jacket. But by the time I do, I am no longer angry.”

Focus Phrase:

Still waters of the heart.



Practice: Set yourself an activity that you must do when you feel anger coming on, such as drinking a glass of water, or changing your shoes, before you permit yourself to respond.

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December

כסלו-טבת Kislev-Tevet

2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Chanukah Parashat Vayeshev כה
6 Chanukah	7 Chanukah	8 Chanukah	9 Chanukah	10 Chanukah	11 Chanukah Rosh Chodesh Tevet	12 Chanukah Parashat Miketz ב
13	14	15	16	17	18	19 Parashat Vayigash ט
20	21	22	23	24 Christmas Eve	25 Christmas	26 Parashat Vayechi יט
27	28	29	30	31 New Year's Eve		

Love | Ahava | אהבה

“Love and awe dwell in the heart and the soul: they are within you, and you do not need to ask them from another, but from yourself.”

Rabbi Eliyahu De Vidas (1518–1592)

Focus Phrase:

Love your friend as yourself.



Practice: Express your love to those who are closest to you.

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January

טבת-שבט Tevet-Shvat

2027

SUN	MON	TUE	WED	THU	FRI	SAT
					1 New Year's	2 Parashat Shmot
3	4	5	6	7	8	9 Rosh Chodesh Shvat Parashat Vaera
כד	כה	כו	כז	כח	כט	ל
10	11	12	13	14	15	16 Parashat Bo
ב	ג	ד	ה	ו	ז	ח
17	18 MLK Day	19	20	21	22	23 Tu Bishvat Parashat Beshalach
ט	י	יא	יב	יג	יד	טו
24/31	25	26	27	28	29	30 Parashat Yitro
טז/כג	יז	יח	יט	כ	כא	כב

Generosity | Nedivut | נדיבות

“The giver gets more than the recipient. The recipient acquires something material and limited. The one who gives, however, acquires a good and pure heart.”

Rabbi Yosef Yozel Hurwitz, the Alter of Novardok (1849–1919)

Focus Phrase:

My generous heart gives freely.



Practice: Do three generous acts per day: one with your money, one with your time, one with your caring.

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February

שבט-אדר א Shvat-Adar I

2027

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Parashat Mishpatim כט
7	8 Rosh Chodesh Adar I ז	9 כד	10 כה	11 כו	12 כז	13 ח Parashat Truma י
14	15 Presidents' Day ז	16 ח	17 ט	18 י	19 יא	20 יב Parashat Tezaveh יג
21	22	23	24	25	26	27 כ Parashat Ki Tisa כ
28 כא						

Strength | Gevurah | גבורה

“Strength! He would cry out to his students. "Only with strength can one pass through this world." A person who crosses a swamp in a nonchalant manner drowns. Someone who runs with all of their strength and doesn't stop, succeeds.”

Rabbi Nosson Meir Wachtfogel (1910–1998)

Focus Phrase:

Strong as a lion to do good.



Practice: Draw very clear lines between what you will and will not do.

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March

אדר א-אדר ב Adar I-Adar II

2027

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Parashat Vayakhel
		כב	כג	כד	כה	כו
7	8	9	10 Rosh Chodesh Adar II	11	12	13 Parashat Pekudei
	כח	כט	ל	א	ב	ג
14	15	16	17	18	19	20 Parashat Vayikra
	ה	ו	ז	ח	ט	י
21	22 Erev Purim	23 Purim	24 Shushan Purim	25	26	27 Parashat Tzav
	יב	יג	יד	טו	טז	יז
28	29	30	31			
	יט	כ	כא	כב		

Courage | Ometz Lev | אומץ לב

“Know that truth and righteousness are the ornaments of the soul, and they provide the individual with everlasting courage and confidence.”

Rabbi Moshe ben Maimon, the Rambam (1138-1204)

Focus Phrase:

Forward and upward, brave heart.



Practice: Do the right thing without fear of the consequences.

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April

אדר ב-ניסן Adar II-Nisan

2027

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Parashat Shmini
				כג	כד	כה
4	5	6	7	8 Rosh Chodesh Nisan	9	10 Parashat Tazria
כז	כח	כט	א	ב	ג	
11	12	13	14	15	16	17 Parashat Metzora
ד	ה	ו	ז	ח	ט	י
18	19	20	21 Erev Pesach	22 Pesach I	23 Pesach II	24 Shabbat Chol Hamoed Pesach III
יא	יב	יג	יד	טו	טז	יז
25 Pesach IV	26 Pesach V	27 Pesach VI	28 Pesach VII	29 Pesach VIII	30	
יח	יט	כ	כא	כב	כג	

Compassion | Rachamim | רַחֲמִים

“One’s compassion should extend to all creatures, and one should neither despise nor destroy them, for the wisdom above extends to all of creation – inanimate objects, plants, animals, and humans.”

Rabbi Moshe Cordovero (1520-1570)

Focus Phrase:

Caring for the other; we are one.

Practice: See the part of you that lives within the other, and take care.



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May
Nisan-Iyar

2027

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Parashat Acharei Mot כד
2	3	4 Yom Hashoah כו	5	6	7	8 Parashat Kdoshim Rosh Chodesh Iyar ז
9 Mother's Day ב	10 כה	11 Yom Hazikaron ג	12 Yom Ha'atzmaut ד	13 כח	14 כט	15 Parashat Emor ח
16	17	18	19	20	21	22 Parashat Acharei Mot ט
23/30	24/31	25 Lag BaOmer Memorial Day ז	26	27	28	29 Parashat Bechukotai טו
טז/כג	יז/כד	יח	יט	כ	כא	כב

Patience | Savalanut | סבֿלָנוּת

“A person should be patient with one who has sinned against them until one’s friend mends their ways, or until the sin disappears of its own accord.”

Rabbi Moshe Cordovero (1522-1570)

Focus Phrase:

Every person has their hour, everything has its place.

Practice: Identify the most likely situation to try your patience, and commit to “bearing the burden of your emotions” for at least five minutes in that situation.



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June

אייר-סיוון Iyar-Sivan

2027

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Parashat Bamidbar
		כה	כו	כז	כח	כט
6 Rosh Chodesh Sivan	7	8	9	10 Erev Shavuot	11 Shavuot	12 Shavuot
א	ב	ג	ד	ה	ו	ז
13	14	15	16	17	18	19 Juneteenth Parashat Naso
ח	ט	י	יא	יב	יג	יד
20 Father's Day	21	22	23	24	25	26 Parashat Beha'alotcha
טו	טז	יז	יח	יט	כ	כא
27	28	29	30			
כב	כג	כד	כה			

Willingness | Ratzon | רצון

“In times such as ours, when capable people are scarce, anyone who shows willingness to tackle a vital problem has divine assistance heaped upon them.”

Rabbi Eliyahu Dessler (1892-1953)

Focus Phrase:

The whole heart steps forward.



Practice: As much as possible, when you feel the impulse to answer a request with “no”, say “yes”.

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July

2027

Sivan-Tamuz סיוון-תמוז

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Parashat Shlach
					כז	כח
4 Independence Day	5	6 Rosh Chodesh Tamuz	7	8	9	10 Parashat Korach
כט	ל	א	ב	ג	ד	ה
11	12	13	14	15	16	17 Parashat Chukat-Balak
י	יא	יב	יג	יד	טו	טז
18	19	20	21	22	23	24 Parashat Pinchas
יז	יח	יט	כ	כא	כב	כג
25	26	27	28	29	30	31 Parashat Matot Masei
כד	כה	כו	כז	כח	כט	ל

Equanimity | Menuchat Hanefesh | מנוחת הנפש

“Peace of mind is one of the greatest pleasures a person can have; lack of peace of mind can make one's life a constant torture.”

Rabbi Simcha Zissel Ziv, the Alter of Kelm (1824–1898)

Focus Phrase:

Rise above the good and the bad.

Practice: When your emotions are triggered, recall that ultimate outcomes can't be predicted or controlled, and return your mind and heart to an even keel.



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August

תמוז-אב Tamuz-Av

2027

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Rosh Chodesh Av	5	6	7 Parashat Devarim
כז	כח	כט	א	ב	ג	ד
8	9	10	11 Erev Tisha B'Av	12 Tisha B'Av	13	14 Parashat Vaetchanan
ה	ו	ז	ח	ט	י	יא
15	16	17	18 Tu B'Av	19	20	21 Parashat Ekev
יב	יג	יד	טו	טז	יז	יח
22	23	24	25	26	27	28 Parashat Re'eh
יט	כ	כא	כב	כג	כד	כה
29	30	31				
כו	כז	כח				

Gratitude | Hakarat Hatov | הַכֶּרַת הַטּוֹב

“The most elementary level of gratitude is for a person to realize that they should express gratitude, even if only with a few words, to a person who has done work for them or gone to trouble on their behalf.”

Rabbi Eliyahu Dessler, (1892-1953)

Focus Phrase:

Awaken to the good and give thanks.



Practice: Say thank you to every person who does even the slightest thing that is helpful or beneficial to you.

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September

אב-אלול Av-Elul

2027

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Rosh Chodesh Elul	4 Parashat Shoftim
			כט	ל	א	ב
5	6	7	8	9	10	11 Parashat Ki Tezeh
ג	ד	ה	ו	ז	ח	ט
12	13	14	15	16	17	18 Parashat Ki Tavo
י	יא	יב	יג	יד	טו	טז
19	20	21	22	23	24	25 Parashat Nitzavim Vayelech
יז	יח	יט	כ	כא	כב	כג
26	27	28	29	30		
כד	כה	כו	כז	כח		

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