

# Accounting of the Soul Journal

**How to Be a Mensch: Bringing the Jewish Tradition of Mussar to Life  
Offered by Shambhala Publications and The Mussar Institute**

This journal template is meant to help you reflect on the practices that are assigned in this course and the experiences that you have doing them.

The template covers one full week of practice and reflection, starting on Sunday. Copy it or print it out again for each week of the course. Each page is for a different day of the week. Should you need a second page for any day, copy the second-page template you will find at the very end of this document.

To begin every week, in the spaces provided below, write:

1. The date when your week begins
2. The chapter number and title from *With Heart in Mind*
3. The practice assigned at the end of the chapter

Week of: \_\_\_\_\_ *With Heart in Mind* chapter number \_\_\_\_\_

and Title: \_\_\_\_\_

Practice: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes and Goals: \_\_\_\_\_

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