

“Actions speak louder than words.”

MENTCH MOMENTS



BetterLesson®



לא המדרש העיקר אלא המעשה.
(פרקי אבות א:יז)

The essence is not in learning,
but rather in action.
(*Avot 1:17*)

“The only power to which man should aspire is that which he exercises over himself.”

(Elie Weisel)

MENTCH MOMENTS



BetterLesson®

איזהו גיבור? הכובש את יצרו.
(אבות ד:א)

Who is brave? He who subdues his inclinations.
(Avot 4:1)

“I count him braver who
overcomes his desires
than him who conquers his
enemies; for the hardest
victory is over self.”

(Aristotle)

MENTCH MOMENTS



BetterLesson®

איזהו גיבור? הכובש את יצרו.
(אבות ד:א)

Who is brave? He who subdues his inclinations.
(Avot 4:1)

“To thine own self be true.”

(Shakespeare)


“To be yourself in a world
that is constantly trying
to make you something
else is the greatest
accomplishment.”

(Ralph Waldo Emerson)

MENTCH MOMENTS



BetterLesson®



In the coming world, they will not ask me: 'Why were you not Moshe?' They will ask me: 'Why were you not Zusya?'

(R. Zusya of Banipol)

“We have nothing to fear but
fear itself.”

(Franklin Delano Roosevelt)

MENTCH MOMENTS



BetterLesson®

כל העולם כולו גשר צר מאוד והעיקר לא
לפחד כלל.

The world is a narrow bridge and the
important thing is to not be afraid.

(R. Nachman of Bratzlav)

I have never met a man so ignorant that I couldn't learn something from him.

(Galileo)

MENTCH MOMENTS



BetterLesson®

איזהו חכם? הלומד מכל אדם.
(אבות ד:א)

Who is wise? He who learns from all humanity.
(Avot 4:1)

The way you get meaning
into your life is to devote
yourself to loving others.

(Mitch Albom)

MENTCH MOMENTS



BetterLesson®



ואהבת לרעך כמוך.
(ויקרא יט:יח)

Love your neighbor as yourself.
(*Leviticus 19:18*)

Love for yourself is the key
to loving others. Love begins
with you.

(Miguel Angel Ruiz)

MENTCH MOMENTS



BetterLesson®

”וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ - זֶה כָּלֵל גְּדוֹל בַּתּוֹרָה
(ר' עקיבא)

Love your neighbor as yourself. – This is the
greatest principle of the Torah.

(R. Akiva)


“You will never know your potential until you test your ability and really exceed your limits in life.”

(Samuel Peter Moshi)

MENTCH MOMENTS



BetterLesson



When G-d tests a person, it is a command that the one being tested should bring forth the matter from the potential into actuality.

(Ramban on Genesis 22:1, The Binding of Isaac)

“The secret of change is to focus all of your energy not on fighting the old, but on building the new”

(Socrates)

MENTCH MOMENTS



BetterLesson®

אמר ר' אבהו: מקום שבעלי תשובה עומדין
צדיקים גמורים אינם עומדין.
(ברכות לד:)

Rabbi Abbahu said: In the place where
penitents stand, even the full-fledged
righteous cannot stand.
(*Brachot 34b*)

“Happiness is not in having
what we want, but in
wanting what we have.”

MENTCH MOMENTS



BetterLesson®

אִיזָהוּ עֹשִׂיר, הַשְּׂמֵחַ בְּחֻלְקוֹ.
(אבות ד:א)

Who is rich? He who is satisfied with his portion.
(Avot 4:1)

“Judgments prevent us from seeing the good that lies beyond appearances.”

(*Wayne Dyer*)

MENTCH MOMENTS



BetterLesson

אַל תִּדְיִן אֶת חֵבֶרֶךְ עַד שֶׁתִּגִּיעַ לְמִקוֹמוֹ.
(אבות ב:ד)

Do not judge your friend until you have stood
in his place.

(Avot 2:4)

What you do makes a difference, and you have to decide what difference you want to make.

(Jane Goodall)

MENTCH MOMENTS



BetterLesson®

כל זמן שהנר דולק, אפשר לתקן

While the candle still burns, we can still make a
difference

(shoemaker in the 1800's)

“There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.”

Denis Waitley

MENTCH MOMENTS



BetterLesson®

Rambam Hilchot Teshuvah, 5:2

Throughout the entire year, a person should always look at himself as equally balanced between merit and sin and the world as equally balanced between merit and sin. If he performs one mitzvah, he tips his balance and that of the entire world to the side of merit and brings deliverance and salvation to himself and others.

“We are given one life and the decision is ours whether to wait for circumstances to make up our mind, or whether to act, and in acting, to live.”

Omar Bradley

MENTCH MOMENTS



BetterLesson



Devarim 30:19

I have put before you life and death, blessing
and curse. Choose life!

“Life is a matter of choices, and every choice you make makes you.”

John C. Maxwell

Whatever you do, you do by choice. Only you have the power to choose for yourself.”

W. Clement Stone

MENTCH MOMENTS



BetterLesson®

Rambam Hilchot Teshuvah, 5:2

Each person is fit to be righteous like Moses, our teacher, or wicked, like Jeroboam. Similarly, he may be wise or foolish, merciful or cruel, miserly or generous, or any other character traits. There is no one who compels him, sentences him, or leads him towards either of these two paths. Rather, he, on his own initiative and decision, tends to the path he chooses.