

Tamid B'nai Mitzvah "Living-Jewish" Checklist

The World is built on three things: Torah, Prayer, and Acts of Love and Kindness
-Jewish Wisdom Saying

Instructions - The Mitzvah Journey

1. Complete ten of the following Mitzvot by the date of your B Mitzvah. You can do each more than once!
2. Check each item upon completion and put the date next to the mitzvah.

Torah – Study and Learning	Date Observed
Tell the story of Exodus at the Passover Seder	
Tell the story of Hannukah before the first night	
Teach somebody else how to light the Shabbat candles	
Teach somebody younger than you the "4 questions" at Passover	
Read a Jewish book	
Visit a Jewish exhibit at a museum	

Avodah – Prayer and Worship	Date Observed
Lead Shabbat Table Blessings at your home	
Read/Chant the "kiddush" at a Passover Seder	
Affix a mezuzah on a door in your home	
Light and bless all eight Hanukkah candles	
Serve as an usher at Tamid Shabbat Service/Gathering	

Gimilut Chasadim – Acts of Love and Kindness	Date Observed
Give tzedaka to the poor	
Try and stop another person from gossiping	
Help an elderly person	
Improve your neighborhood	
Attend a public rally	
Perform a random act of kindness without seeking acknowledgement	