

סדר בעבודת השם

Questionnaire:

- 1) Do you have a set bedtime?
- 2) Do you wake up at the same time every morning?
- 3) Do you usually eat three meals a day and snacks in between?
- 4) Do you make your bed every day?
- 5) Is your area in your room usually messy?
- 6) What day of the week do you usually unpack your Shabbos bag?
- 7) Do you shower regularly?
- 8) Do you have an exercise schedule (if you exercise)?
- 9) Do you have loose papers stuffed into your notebooks and knapsack?
- 10) Do you have set times to learn certain sefarim?
- 11) Do you usually learn what you're in the mood for that day during your learning times?
- 12) Do you have a set place that you daven shacharis every morning?
- 13) Do you have a set time in your schedule to daven mincha every day?
- 14) Are there any sefarim that you learn a little bit of every day?
- 15) Do you usually leave yourself enough time to get to places on time?
- 16) Do you do laundry on a consistent schedule?
- 17) Do you do laundry only when you don't have any more clean clothing to wear?
- 18) Do you schedule time in your schedule to speak to your mom?
- 19) Are your shelves neatly folded?
- 20) Do you skip meals if you don't have time to eat?
- 21) Have you made significant progress in learning a specific sefer since the beginning of the year?
- 22) Do you usually get enough sleep?
- 23) Do you often leave a group of friends hanging out at night because it's time to get ready for bed?
- 24) Do you have a set time in your schedule to review what you've learned?
- 25) Is there a time every day (or week or month) that you take stock of your spiritual progress?
- 26) Do you keep your phone in a specific spot when you're in your room?
- 27) Are you often rushing from one place to another and arriving late?