

Middot (Character Traits) of the Moment

1. Rank the following middot (character traits) from MOST IMPORTANT to you to LEAST IMPORTANT to you when **talking** to your friends and family about the election?

	Not at all important	Slightly important	Important	Fairly important	Very important
Rebuke: Criticism with Love/Tochecha					
Compassion/Rachamim					
Courage/Ometz Lev					
Decisiveness/Haritzut					
Humility/Anavah					

2. Rank the following middot in order of which you **actually enact** most when talking to your friends and family about the election to which you enact least? (Your response might be the same or different from the last question.)

	Not at all important	Slightly important	Important	Fairly important	Very important
Rebuke: Criticism with Love/Tochecha					
Compassion/Rachamim					
Courage/Ometz Lev					
Decisiveness/Haritzut					
Humility/Anavah					

3. Rank the following middot or characteristics from the one MOST important to you in a **leader** to the one LEAST important to you in a leader.

	Not at all important	Slightly important	Important	Fairly important	Very important
Compassion/Rachamim					
Respect/Kavod					
Justice/Tzedek					
Humility/Anavah					
Strength/Gevurah					

4. Rank the following middot from the one most important to you when considering your **self-care** during the election to the one least important to you? In other words, in order to take care of yourself right now, rank from what you most intend to pursue to what you least intend to pursue.

	Not at all important	Slightly important	Important	Fairly important	Very important
Mindful Moral Outrage/Ca'as and Tzedek					
Compassion/Rachamim					
Equanimity/Menuhat Hanefesh					
Gratitude/Hakarat Hatov					
Patience/Savlanut					

*with gratitude to Rabbi Joshua Lesser for this framework (see the <https://vimeo.com/216039241>)

Questions to Consider/Discuss After Quiz:

- What qualities are missing from the lists of middot above that are important to you?

- Who or what has influenced the values/qualities/middot that you desire in a leader? How, if at all, has what you desire in a leader changed over the past four years?
- How do you know when it is important to offer **rebuke**, and when is it important to **listen** to and value others' opinions? Is different if you are talking to friends and family or if you are posting on social media?