





The cards will hold value for the Chinese Auctions which will take place twice during the program: once by the Yud-Shvat Farbrengen and the other by the Yud-Alef Nissan Farbrengen.

Please understand that the card signifies that both the Chayol and his Mashpia have reviewed the Cheshbon of the past week and both have a clear understanding of where the Chayol is holding as well as the direction he is heading.

IT'S IN YOUR HANDS!

We feel that we have here a terrific program in which our boys can grow tremendously. Remember, the diary (Yoman) is a tool for you to use. It will work as much as you let it. If it is not used actively, but each Chayol is simply left to follow this plan on his own, it might last a few of days, or perhaps a few weeks.

However, if the Chayol is encouraged by his Mashpia, it will help everyone to grow in a systematic and orderly manner. B'ezras Hashem, with the help of this program, we should be able to proudly say to the Rebbe "Re'u Gidulim Shegidalti."

TABLE OF CONTENTS

- Introduction4
- Chayolei Tzivos Hashem4
- Motivating the Chayol5
- The Cheshbon Hanefesh5
- The Mashpiya5
- The Approach6
- Setting Goals6
- The Mission Planner8
 - Daily Missions8
 - Shiurim: Chitas and Rambam.11
 - Weekly Missions12
 - Monthly Missions13
- The Daily Checklist14
- The Weekly Progress Report15
- Meeting with your Chayol15
- The Cheshbon Hanefesh Cards17
- It's in your Hands!17





WELCOME

This booklet is being given to you because you have been chosen to be the Mashpia of one of the Rebbe's precious children.

The fact that the child chose you as his Mashpia shows how much you mean to him. We are sure you appreciate how important this is.

At this stage in the life of a youngster, a meaningful relationship with an older person is rare, and has tremendous potential.

When the Chayol feels that there is someone who will care for him, befriend him and guide him in the proper way, it helps immensely in developing his self-confidence, his feeling of being accepted, and appreciated for who and what he is.

In the following pages you will find information and ideas on what it means for you to be a Mashpia, and what you can expect from the child you have accepted under your charge.

his "Cheshbon HaNefesh" is coming along. Is he finding it a bit difficult? Are there some things on the checklist that he finds too hard?

Are there other areas of behavior that need improvement, i.e.: things not on the checklist. Things that he feels (or knows in his heart) that he is not doing well. For example: He may not be as attentive in class, or his language is not as it could and should be, etc.

These are things that need to be discussed. The Chayol needs to feel that he has someone to talk to, someone that cares and understands. This is the greatest form of encouragement.

THE CHESHBON HANEFESH CARDS

Each Chayol will be able to earn 5 Cheshbon Hanefesh cards each month. Each week when you have finished talking to your Chayol and going over his diary of the past week you will sign a Cheshbon Hanefesh card for him.

At the end of each month you should arrange an additional meeting with your Chayol to go over the mission planner, make an evaluation of the month and choose an appropriate Hachloto for him to work on. After this meeting you should give him his 5th card for that month. The Chayol is responsible to look after his cards and keep them safe.





Together you will check off all the things that he does. Looking back on the unchecked boxes, it will be relatively easy to select some new area of growth, and then to decide on a Hachloto for the coming month.

It's very important to pay close attention to the explanation given beneath each mission.

Many of these missions are things we take for granted. For instance, we all say, "Modeh Ani." However, as Chassidim we do everything in an extra-special way. We say "Modeh Ani" sitting up on our beds, with our hands folded together in front of us. When we check something off, that means that we do it the way a chossid does it.

It is also very important to point out that the only way this will work is if we are totally honest, and only check the boxes that are actually done. A Chayol is not expected to do everything in the mission planner. The long list is meant to show what the goals of a chassidishe child should be. But it might take quite some time till we get there.

At the end of each week the Mashpia and Chayol should arrange to meet, review the progress report and discuss any accomplishments of the past week.

It is very important that the accomplishments of the Chayol should be recognized and encouraged. When reviewing the Yoman with your Chayol, to ask him how

THE GOAL

The goal of Chayolei Tzivos Hashem is to motivate the children to grow in his Avodas Hashem and in their hiskashrus to the Rebbe at their own level and pace.

The first thing we need to establish is the approach of a Chossid; namely, that we should constantly strive to improve in our Avodas Hashem. If a person has 100, he needs to have 101. Today should always be better than yesterday.

As a Chossid, it's important to know that if life is like a ladder, it's not so important which rung of the ladder you are on. But what's important is if you're going up or down. It's not about where I am holding, it's about where I am going.

MOTIVATING THE CHAYOL

It is important for each Child to continually grow in their Avodas Hashem. However, nobody likes to be told what to do, especially children.

What children do appreciate, is to be inspired and given the motivation to do want to do the right thing.

This is not something that can be forced upon them. It's something that has to come from within.





THE CHESHBON HANEFESH

One of the most effective ways of getting a Chayol to want to do the right thing is by working on a Cheshbon HaNefesh.

The Cheshbon HaNefesh will teach the children accountability and responsibility two extremely important character traits that need developing in youngsters. But most importantly, it helps a child to be honest with themselves. To recognize where they are holding and how they need to improve.

Yedias Hamachloh is Chatzi Horofuah, we are already half way there.

Especially when the children know that at the end of the week they give a din v'cheshbon, it is usually enough to motivate them to do the right thing.

Halevi Moroh shomaiym Kmoroh bosor Vodom.

THE MASHPIYA

This is where you, the Mashpia, come in. At the end of each week, the Chayol will meet with you to review the Cheshbon HaNefesh.

It is true that a person knows himself best (yodei inish b'nafshei), but very few people are objective enough to

THE WEEKLY PROGRESS REPORT

At the end of each week there is a progress report. The report focuses on the three areas of *Torah, Avodah, and Gemilus Chassodim*.

For Torah fill out the subjects learned, marks received (for tests, etc) and any comments from teachers.

For *Avodah* fill out if *Korbonos* are said, and which parts of *davening*. In addition, which parts of *davening* are said thinking about the *Peirush Hamilos*.

For *Gemilus Chassodim* each *Chayol* should fill in how he is trying to improve his *Midos*, and how he helped his friends.

Also, the *Chayol* should note how much time he devoted to each activity during the past week.

In this way, each week will have a shape and structure that we can examine, and then make plans about where to go next.

MEETING WITH YOUR CHAYOL

At the beginning of the program and at the end of each month, you, the Mashpia, should meet with your Chayol to go through the Mission Planner.





THE DAILY CHECKLIST

Many times we make practical hachlotos that we are able to do, but with time we lose interest and stop keeping them.

For this reason we have made a daily check list, to help the *Chayol* keep an accounting of all the Mitzvos, Chassidishe Minhagim, and hiddurim that he does on a daily basis. This checklist includes *inyonei kedusha* which the *Chayol* may come across each day, including those for Erev Shabbos and Shabbos. The following are the items that are on the daily checklist.

- *Modeh Ani*
- *Negel Vasser*
- *Hachonos*
- *Netillas Yodayim*
- *Brochos*
- *Bedikas Hatzitzis*
- *Kriyas Shema*
- *Brocho Rishona*
- *Brocho Acharona*
- *Tzedaka*
- *Tanya*
- *Sheish Zechiros*
- *The Rebbe's Kapital*
- *Tehillim*
- *Chumash*
- *Sefer Hamitzvos/Rambam*
- *Yeshivas Erev*
- *Maariv*
- *Negel Vasser by the bed*
- *Shema - Hamapil*
- *Wearing Tzitzis at night*

realize what they need to do to improve. That is why we all need a Mashpia: someone who is not biased and can help us make the right decision.

It is of utmost importance that the children understand that it is not just for the purpose of this program, that they need a Mashpia. Rather it is something that plays an important role in the life of every Chossid.

This is a Mivtza of the Rebbe, who urged many times in the strongest possible manner, as a *Bakosho Nafshis* that all Chassidim have a Mashpia.

There are many nice masholim that can be used to explain the role of a Mashpia like that of someone who is in a maze, and the mashpia is on a ladder can see where the person is and help guide them to where they have to go.

All this will only work if you show your child that you care, by making a real time to get together, and spend quality time with each other each week.

SETTING GOALS

To ensure healthy growth, we need to plan. We need to have realistic goals. We need to have means of meeting these goals.

The Rebbe wants Tzivos Hashem to be an army of young soldiers who will dedicate their every fiber to serve





Hashem. This has to be our goal. However, there must be a process. Just as an infant first learns how to roll over, then to crawl, then walk, and run, the Chayol also needs to improve himself at a gradual pace.

Let your Chayol take on something small, but let him do it seriously. When you set goals that you fail to keep, the result is a loss of confidence, and a loss of interest. By setting goals that are "do-able" the child will experience a great feeling of satisfaction and he will be motivated to forge ahead and try to accomplish even more.

The Tzivos Hashem Mission Planner was designed specifically for this purpose. With your help, the child can check off the things that he already does. Then he can see where he is holding in his Avodas Hashem, and with your help, plan out goals for the month(s) ahead.

THE MISSION PLANNER

- DAILY MISSIONS -

MODEH ANI

We say Modeh Ani - sitting up on our beds with our hands together in front of us and our heads slightly lowered.

NEGEL VASSER

Musaf and Mincha with a minyan.

SHNAYIM MIKRAH

We say over the Sedra twice with the Targum:

- *Until Revi'i.*
- *The Entire Sedra.*

MONTHLY MISSIONS

KIDDUSH LEVONA

On Motzoei Shabbos of the new month (if possible), after the 7th day, if the moon is visible, we say Kiddush Levana, and then we dance outside.

TEHILLIM ON SHABBOS MEVARCHIM

Every Shabbos Mevarchim we get up early to say Tehillim together with a Minyan.

DU"CH

A soldier always has to report to his superiors. At least once every four weeks we write a Duch to the Rebbe.

My Hachlata for this month is:





TEHILLIM

- We say Tehillim of the day right after davening, making sure to say every word.
- We say the Rebbe's kapital, as well as our own.

SEFER HAMITZVOS

Each day we learn Sefer Hamitzvos, making sure to understand exactly what the Mitzvos are all about.

ONE PEREK A DAY

When we are able to understand the Mitzvos, we start learning one Perek a day of Rambam's Yad HaChazaka.

THREE PEROKIM

When we understand one Perek, we move on to try 3 Perokim.

Weekly Missions

MIKVA

- We go to Mikva on Erev Shabbos.
- We go to the Mikva on Shabbos morning before Shachris.

CHASSIDUS ON SHABBOS

On Shabbos we learn Chassidus before davening.

DAVENING WITH A MINYAN ON SHABBOS

On Shabbos we make sure to daven Ma'ariv, Shacharis,

We wash Negel Vasser - before we put our feet on the floor.

HACHONOS

We go to the bathroom and wash out our mouth three times .

NETILAS YODOYIM

We wash our hands again (not in the bathroom),and this time with a bracha, with hands raised by the side of our head, aware that we are standing before Hashem.

BIRCHOS HASHACHAR

Before eating or drinking, we say Brochos - standing up, pointing in a Siddur.

CHECK TZITZIS

Before saying the brocho on our Tzitzis, we check carefully to be sure that all 8 strings are there, and that all the 5 knots are tight.

MIKVA

We go to Mikva as a Hachona to Davening.

- *Monday and Thursday.*
- *Every morning.*

KRIYAS SHEMA

We are always extremely careful to be sure that we say Krias Shema before the Sof Zman. We do not eat before saying Shema.





GIVE TZEDOKA

We give Tzedoka every day, having in mind:

- a) *That this is a Mitzvah from Hashem.*
- b) *That it will bring Moshiach closer.*

DAVENING

When we daven, we make sure to:

- *Say korbonos before shacharis and mincha.*
- *Say each word out loud from a siddur.*
- *Try to understand the meaning of the words that we are saying.*
- *Daven with a minyan for shacharis, mincha and maariv.*

SHEISH ZECHIROIS

We make sure to say Sheish Zechiros right after davening every day.

HAYOM YOM

We make sure to understand the lesson that the Rebbe prepared especially for that day.

BROCHOS ON FOOD

Brocho Rishona - When we say a Brocho we make sure to pronounce each word loud and clear.

Brocho Achrona - When we say a Brocho Achrona, we make sure to use a Siddur.

GETTING NEGEL VASSER

We prepare Negel Vasser by our bed ourselves.

KRIAS SHEMA AL HAMITAH – HAMAPIL

We say Krias Shema al Hamitah and Hamapil from a Siddur.

TZITZIS

Even when we go to sleep we wear woolen Tzitzis.

SHIURIM

- CHITAS & RAMBAM SEFER HAMITZVOS

CHUMASH

- We make sure to understand the Chumash of each day.
- We learn Chumash together with some of the Rashi.
- We learn Chumash together with all of the Rashi.

TANYA

- We say the Tanya of the day before davening.
- We learn the Tanya and understand it.

