

There are seven character attributes of the Omer, because there are 7 weeks of counting. The first day of each week is the reflection day. Your week can begin on Sunday after Shabbat, or the American Monday.

- [Week 1 of the Omer](#)- **Chesed – Focus on Love of Learning and Loving , Creativity, and Rest.**

The Reflection: What has been the most challenging part of this past year?

- [Week 2 of the Omer](#) **Gevurah — Focus on Courage, honesty, bravery, and enthusiasm**

Reflection: In what ways are you being called to journey forth right now?

- [Week 3 of the Omer](#) **Tiferet – Focus on kindness, humanity, empathy and love**

Reflection: What have been the detours on your life's journeys?

- [Week 4 of the Omer](#) **Netzach – Focus on fairness, leadership, teamwork, initiative and social responsibility.**

Reflection: Write about an experience you have had in your life of not knowing. What were the lessons of that period?

- [Week 5 of the Omer](#) **Hod – Prudence, Humility, Self-control, temperance and forgiveness.**

Reflection: In your journey right now, what obstacles are you experiencing? How can you overcome them?

[Week 6 of the Omer](#) **Yesod – Optimism, Humor, spirituality, Gratitude, appreciation of Beauty.**

Reflection: What is the vision that you have about who you want to become and embody at this moment in your life?

- [Week 7 of the Omer](#) **Malchut – Mitzvah, Torah, Tzedakah**

Reflection: Looking back over this past year, what have you learned about yourself?

I leave you with the reflection of THIS first week

since today is Day 4 of week one of the counting of the Omer- these Character questions are asked of you?

Reflection: What has been the most challenging part of this past year?

Is my love for others unconditional? Do I anger easily? Do I forgive easily? What have been the best parts of this year? Have I gotten over the difficult parts of this year or do I still have work to do? Am I ready to show those that I love how much I love them, even if I feel it isn't being reciprocated? Can I love and be kinder to those around me

more often? How can I be my best self in relationship to others?

Task for the week: Do something for someone that shows your love this week.

If you want to do some inner soul searching and Count the Omer-look up Jewish Sacred Aging by Rabbi/Chaplan Paul Swerdlow.

I will also have Sharon post this list to the website, if you want to keep up with it...and a link.

<https://jewishsacredaging.com/an-alternative-way-to-count-the-omer/>