ב״ה



Cheshbon Hanefesh Calendar

for Krias Shema al Hamita

7 Kislev – 30 Shevat 5787

November 16, 2026 – February 6, 2027

Arranged by Rabbi Avraham Katz

How to use this calendar

This calendar goes with the Krias Shema al Hamita booklet. Turn to it before אָנָּא בְּכֹחַ, find tonight's date, and afterward go back and continue with אָנָּא בְּכֹחַ.

Every night has two places to write a few lines: how the day went, and what you want to do better tomorrow. The Hebrew date on each night is the date that begins that night.

On Friday night there is no writing. Think about the two questions.

On Thursday night there is one more place, for the week: what you did this week, and what you want to do better next week.

On the night going into Erev Rosh Chodesh there is one more place, for the month: what you did this past month, and what you want to do in the coming month. If that night is Thursday night, it takes the place of the one for the week. If it is Friday night, it moves to Thursday night.

When this calendar is full, a new one takes its place. The Krias Shema booklet stays.

Arranged by Rabbi Avraham Katz

www.LearnChassidus.com

Monday night November 16 · 7 Kislev

How did my day go?

What do I want to do better tomorrow?

Tuesday night November 17 · 8 Kislev

How did my day go?

What do I want to do better tomorrow?

Wednesday night November 18 · 9 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night November 19 · 10 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

November 20 · 11 Kislev

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos November 21 · 12 Kislev

How did my day go?

What do I want to do better tomorrow?

Sunday night November 22 · 13 Kislev

How did my day go?

What do I want to do better tomorrow?

Monday night November 23 · 14 Kislev

How did my day go?

What do I want to do better tomorrow?

Tuesday night November 24 · 15 Kislev

How did my day go?

What do I want to do better tomorrow?

Wednesday night November 25 · 16 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night November 26 · 17 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

November 27 · 18 Kislev

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos November 28 · 19 Kislev

How did my day go?

What do I want to do better tomorrow?

Sunday night November 29 · 20 Kislev

How did my day go?

What do I want to do better tomorrow?

Monday night November 30 · 21 Kislev

How did my day go?

What do I want to do better tomorrow?

Tuesday night December 1 · 22 Kislev

How did my day go?

What do I want to do better tomorrow?

Wednesday night December 2 · 23 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night December 3 · 24 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

December 4 · 25 Kislev

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos December 5 · 26 Kislev

How did my day go?

What do I want to do better tomorrow?

Sunday night December 6 · 27 Kislev

How did my day go?

What do I want to do better tomorrow?

Monday night December 7 · 28 Kislev

How did my day go?

What do I want to do better tomorrow?

Tuesday night December 8 · 29 Kislev

How did my day go?

What do I want to do better tomorrow?

Erev Rosh Chodesh Teves

THE MONTH

What did I do this past month?

What do I want to do in the coming month?

Wednesday night December 9 · 30 Kislev

How did my day go?

What do I want to do better tomorrow?

Thursday night December 10 · 1 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

December 11 · 2 Teves

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos December 12 · 3 Teves

How did my day go?

What do I want to do better tomorrow?

Sunday night December 13 · 4 Teves

How did my day go?

What do I want to do better tomorrow?

Monday night December 14 · 5 Teves

How did my day go?

What do I want to do better tomorrow?

Tuesday night December 15 · 6 Teves

How did my day go?

What do I want to do better tomorrow?

Wednesday night December 16 · 7 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night December 17 · 8 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

December 18 · 9 Teves

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos December 19 · 10 Teves

How did my day go?

What do I want to do better tomorrow?

Sunday night December 20 · 11 Teves

How did my day go?

What do I want to do better tomorrow?

Monday night December 21 · 12 Teves

How did my day go?

What do I want to do better tomorrow?

Tuesday night December 22 · 13 Teves

How did my day go?

What do I want to do better tomorrow?

Wednesday night December 23 · 14 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night December 24 · 15 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

December 25 · 16 Teves

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos December 26 · 17 Teves

How did my day go?

What do I want to do better tomorrow?

Sunday night December 27 · 18 Teves

How did my day go?

What do I want to do better tomorrow?

Monday night December 28 · 19 Teves

How did my day go?

What do I want to do better tomorrow?

Tuesday night December 29 · 20 Teves

How did my day go?

What do I want to do better tomorrow?

Wednesday night December 30 · 21 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night December 31 · 22 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

January 1 · 23 Teves

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos January 2 · 24 Teves

How did my day go?

What do I want to do better tomorrow?

Sunday night January 3 · 25 Teves

How did my day go?

What do I want to do better tomorrow?

Monday night January 4 · 26 Teves

How did my day go?

What do I want to do better tomorrow?

Tuesday night January 5 · 27 Teves

How did my day go?

What do I want to do better tomorrow?

Wednesday night January 6 · 28 Teves

How did my day go?

What do I want to do better tomorrow?

Thursday night January 7 · 29 Teves

How did my day go?

What do I want to do better tomorrow?

Erev Rosh Chodesh Shevat

THE MONTH

What did I do this past month?

What do I want to do in the coming month?

Friday night

January 8 · 1 Shevat

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos January 9 · 2 Shevat

How did my day go?

What do I want to do better tomorrow?

Sunday night January 10 · 3 Shevat

How did my day go?

What do I want to do better tomorrow?

Monday night January 11 · 4 Shevat

How did my day go?

What do I want to do better tomorrow?

Tuesday night January 12 · 5 Shevat

How did my day go?

What do I want to do better tomorrow?

Wednesday night January 13 · 6 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night January 14 · 7 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

January 15 · 8 Shevat

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos January 16 · 9 Shevat

How did my day go?

What do I want to do better tomorrow?

Sunday night January 17 · 10 Shevat

How did my day go?

What do I want to do better tomorrow?

Monday night January 18 · 11 Shevat

How did my day go?

What do I want to do better tomorrow?

Tuesday night January 19 · 12 Shevat

How did my day go?

What do I want to do better tomorrow?

Wednesday night January 20 · 13 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night January 21 · 14 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

January 22 · 15 Shevat

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos January 23 · 16 Shevat

How did my day go?

What do I want to do better tomorrow?

Sunday night January 24 · 17 Shevat

How did my day go?

What do I want to do better tomorrow?

Monday night January 25 · 18 Shevat

How did my day go?

What do I want to do better tomorrow?

Tuesday night January 26 · 19 Shevat

How did my day go?

What do I want to do better tomorrow?

Wednesday night January 27 · 20 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night January 28 · 21 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night

THE WEEK

What did I do this week?

What do I want to do better next week?

Friday night

January 29 · 22 Shevat

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos January 30 · 23 Shevat

How did my day go?

What do I want to do better tomorrow?

Sunday night January 31 · 24 Shevat

How did my day go?

What do I want to do better tomorrow?

Monday night February 1 · 25 Shevat

How did my day go?

What do I want to do better tomorrow?

Tuesday night February 2 · 26 Shevat

How did my day go?

What do I want to do better tomorrow?

Wednesday night February 3 · 27 Shevat

How did my day go?

What do I want to do better tomorrow?

Thursday night February 4 · 28 Shevat

How did my day go?

What do I want to do better tomorrow?

Erev Rosh Chodesh Adar I

THE MONTH

What did I do this past month?

What do I want to do in the coming month?

Friday night

February 5 · 29 Shevat

No writing tonight.

Think: How did my day go?

Think: What do I want to do better tomorrow?

Motzaei Shabbos February 6 · 30 Shevat

How did my day go?

What do I want to do better tomorrow?