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Hayom Yom: 11 Nissan

ּבְּיוֹם הַהוּלֶּדֶת, עַל הָאָדָם לְהִתְבּוֹדֵד, וּלְהַעֲלוֹת זִכְרוֹנוֹתָיו וּלְהִתְבּוֹנֵן בָּהֶם, וְהַצְּרִיכִים תִּקּוּן וּתְשׁוּבָה יָשׁוּב וִיתַקְּנֵם.

On one's birthday one should spend some time in seclusion, bringing to mind recollections from the past and pondering over them. As to those [of his bygone actions] that call for rectification or repentance, one should repent and rectify them.1