

To become a member, please fill out and submit an ACTT Membership Application - see the Membership page of the ACTT web site, www.actt613.org, or the ACTT Welcome Kit. There is no cost to join. Sponsorship of events and general donations are welcome. Members will be able to purchase source material at a discount, when available.

Membership

- ◆ To provide a set of tools and a support system that foster success for individuals who want to make meaningful and lasting changes in their lives.
- ◆ The need to take positive and concrete action that will serve as a zechus (merit) for those who are sick or are experiencing other hardships in our families and communities, and as a merit for Klal Yisrael in the face of the current crisis in Israel and world-wide anti-Semitism.

Impetus for the Program

◆ To provide a Torah-based approach and a support system that nurture spiritual growth and sustain positive change.

Mission Statement

ACTT is an organization that facilitates meaningful and lasting character improvement by using a methodology that includes learning Torah, performing actions, making commitments, and sharing motivational material. ACTT creates an environment that supports an individual's efforts by assisting with challenges and celebrating successes.

What is ACTT?

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- ◆ The members of the organization will work on a character trait or other area of improvement for 1-3 months. This constitutes a single module. Among the modules are:
- ◆ Ahavas Chesed - Loving Kindness
- ◆ Judging Favorably
- ◆ Kavanah During Davening - Concentration During Prayers
- ◆ Hakaras HaTov - Gratitude
- ◆ Bitachon - Trust in Hashem
- ◆ Anger Management for Positive Results
- ◆ Shmitas Halashon - Guarding One's Tongue

Program Modules

- ◆ Making and renewing commitments to specific change; gaining satisfaction and a sense of achievement from reviewing your personal profile of past commitments and achievements;
- ◆ Focusing on the change through daily action and personal learning;
- ◆ Being motivated by shiurim, participant gatherings to share experiences, and various inspirational material; receiving, as well as giving, support to other members of the organization on an individual and/or group basis.

Program Overview

As a participant in the ACTT program, you will be able to make meaningful and lasting personal changes in your life by:

Contact Information

For additional information, please contact us:

E-mail: info@actt613.org

Web site: www.actt613.org

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Use of Material

The material in this brochure is intended for the use of the ACTT organization's members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

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"All of the service of Hashem is dependent upon the improvement of one's character traits."

Vilna Gaon - Even Shleima, Chapter 1