



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

Vilna Gaon - Even Shleima, Chapter 1

ACTT Welcome Kit

Table of Contents

CONTACT INFORMATION.....	2
USE OF MATERIAL	2
ACTT INTRODUCTORY LETTER.....	3
ACHIEVING CHANGE THROUGH TORAH (ACTT) ORGANIZATION	4
WHAT IS ACTT?.....	4
MISSION STATEMENT	4
IMPETUS FOR PROGRAM.....	4
MEMBERSHIP	4
PROGRAM OVERVIEW	4
PROGRAM MODULES	5
GENERAL RESOURCES (NOTE THAT EACH MODULE HAS ITS OWN SPECIFIC RESOURCES)	6
ACTT WELCOME KIT APPENDIX.....	7
ACTT MEMBERSHIP APPLICATION	8
GLOSSARY	9

Contact Information

For additional information, please contact us at:

ACTT e-mail: info@actt613.org

ACTT web site: www.actt613.org

ACTT postal mailing address: ACTT
48 Edgemount Road
Edison, NJ 08817

Use of Material

The material in this *ACTT Welcome Kit* 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.

Version 20160912

ACTT Introductory Letter

Dear Prospective Participant,

The ACTT (Achieving Change Through Torah) organization was formed in 2006 to help individuals succeed in their desire to create meaningful and lasting changes in their personal lives. This ACTT Welcome Kit contains the organization's mission statement, the impetus for the program, membership information, an overview of the organization and the program, and some general resources.

Throughout the year, ACTT participants will concentrate on working on a single character trait or other area of improvement for a specified period of time (e.g., 3 months). This constitutes a single module. Each ACTT Module Packet contains the goal, duration, to do list, resources, commitment form, learning schedule, activity and action ideas, and daily activity/action log for the module. When a module is completed and a new module begins, participants have the opportunity to renew their commitments to the actions associated with previous modules. This enables participants to sustain the changes that they have made and will continue to make in their lives.

To join the organization, please fill out and return the ACTT Membership Application that is included in this ACTT Welcome Kit or submit the online application on the Membership page of the ACTT web site, www.actt613.org. Contact information is contained in this kit so that you can reach us to answer your questions and to process your requests.

Please visit the ACTT web site, www.actt613.org, which contains all of the ACTT program material, information about the upcoming ACTT events, the audio of the presentations from module kickoff events, and more.

ACTT membership is free and admission is free to ACTT events. You can remotely participate in the ACTT program by listening to the event speakers on the ACTT web site's Audio pages and by accessing the material on the ACTT web site's Module pages. You can purchase the source books from your local Jewish bookstore or online (see the ACTT web site's Links page). As an ACTT member, you will receive e-mails that provide chizuk, web site update notifications, and event-related information.

We look forward to your joining ACTT and to your growing individually and collectively with the other members of the organization!

With warmest regards,

The ACTT Rabbinic Advisory Committee and The ACTT Leadership Committee

Achieving Change Through Torah (ACTT) Organization

What is ACTT?

ACTT is an organization that facilitates meaningful and lasting character improvement by using a methodology that includes:

- Learning Torah;
- Performing actions;
- Making commitments;
- Sharing motivational material.

ACTT creates an environment that supports an individual's efforts by assisting with challenges and celebrating successes.

Mission Statement

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

Impetus for Program

Among the main driving forces behind ACTT are:

- 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 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.

Membership

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 this Welcome Kit's Appendix. 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.

Please e-mail partners@actt613.org to request to partner with another ACTT member to learn and discuss the material in the ACTT program. Please include in the e-mail your: name, gender, and telephone number.

Program Overview

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

- Making and renewing commitments to specific change(s);
- Focusing on the change(s) through daily action(s) and personal learning;
- Gaining satisfaction and a sense of achievement from reviewing your past commitments and achievements in your previous action/activity logs;

- Being motivated by shiurim, participant gatherings for sharing experiences, and a variety of inspirational material;
- Receiving, as well as giving, support to other members of the organization on an individual and/or group basis.

Program Modules

The participants in the ACTT program work on one character trait or other area of improvement for several 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
- Shmiras HaLashon - Guarding One's Tongue
- Emes - Telling the Truth
- The Six Constant Mitzvos
- Happiness
- Forgiveness
- Zerizus - Acting With Zeal & Alacrity
- Emunah – Faith in Hashem
- Kiddush Hashem – Sanctification of G-d's name

The 8th year of the ACTT program (July 2013 - August 2014) adopted a different approach using Step By Step – A Weekly Program for Self-Improvement, a source book anthology. The character traits covered, one each week, are:

Loving G-d	Judging People Favorably	Piety	Orderliness
Loving Others	Gratitude	Purity	Tolerance
Hurtful Speech	Punctiliousness	Fear of G-d	Humility
Responsibility	Being Content With Less	The Honor of Torah	Stubbornness
Cruelty	Divine Providence	Anger	Abstinence
Faith	Influence	Mockery	Jealousy
Truth	Being Forgoing	Discord	Mercy & Graciousness
Shame/Embarrassing Others	Influencing the Public for the Good	Self-Sacrifice	Drive
Trust	Remembering/Forgetting	Forbearing Affront	Peace
Our Responsibilities to Others	Alacrity	Growth Through Challenges	Happiness
Pride	Desire/Passion	Cleanliness	Silence
Worry	Flattery	Revenge	Reproof
Cleaving to Hashem	Kindness	Greeting Others Cheerfully	Return

General Resources (note that each module has its own specific resources)

The following general texts and electronic resources can assist individuals with change:

- Changes That Last Forever by Rabbi Pinchas Winston; Feldheim Publishers; ISBN: 0-9698032-2-2;
- Growth Through Tehillim: Exploring Psalms for Life Transforming Thoughts by Rabbi Zelig Pliskin; Artscroll Mesorah; ISBN: 1-57819-402-4;
- Thirty Days to Teshuva: A mussar guide based on Ohr Yisrael by Rabbi Zvi Miller; Targum Press; ISBN: 1-56871-367-3;
- Inspiring Change - Torah Lessons on Expressing Your Innate Potential by Aba Wagensberg; Distributed by Feldheim; ISBN: 978-1-59826-804-1;
- How Can I Change For Heaven's Sake? - A Practical 10-Step Plan to Improve the ABC's (Attitude, Behavior, and Character) of Your Life by Rabbi Doniel Frank; Feldheim Publishers; ISBN: 1-59826-595-8
- Aish HaTorah web site's "Growing Each Day" by Rabbi Abraham J. Twerski at: www.aish.com/spirituality/growing/;
- Aish HaTorah web site's "Pliskin's Daily Lift" by Rabbi Zelig Pliskin at: www.aish.com/spirituality/dailylift/;
- The Salant Foundation's web site, www.salantfoundation.org, and Daily Mussar e-mail list, e-Mussar – to subscribe, send e-mail request to Rabbi Zvi Miller at: miler23@netvision.net.il;
- TheShmuz, Rabbi B. Shafier of Tiferes Bnei Torah, web site: www.TheShmuz.com;

ACTT Welcome Kit Appendix



ACTT Membership Application

Please PRINT all information

Name: _____

Address: _____

Telephone: Day _____ Night _____

Email: _____

Synagogue: _____

School: _____

I prefer the following method(s) of communication:

Email Postal mail

I would like to receive the following information about ACTT:

I would like to help with ACTT activities

I would like to sponsor an ACTT module, event, or other activity

I would like to learn and discuss the ACTT material with another member

Please email form: membership@actt613.org or mail: ACTT; 48 Edgemount Road; Edison, NJ 08817

Privacy Notice

ACTT is committed to protecting your privacy. The personal information we collect is used solely by ACTT. We will not disclose your personal information outside of ACTT without your consent.

Glossary

Ahavas Chesedloving kindness
B’li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunafaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona’as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one’s tongue
Siddurprayer book
Siyata D’ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit