



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

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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.

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ACTT Introductory Letter

Dear Prospective Participant,

The ACTT (Achieving Change Through Torah) organization was formed 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., 2 months). This constitutes a single module. Each ACTT Module Packet contains the goal, duration, to do list, resources, commitment form, and daily activity 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. Thank you and much success!

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.

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);
- Gaining satisfaction and a sense of achievement from reviewing your personal profile of past commitments and achievements;
- Focusing on the change(s) through daily action(s) and personal learning;
- 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 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
- Shmiras HaLashon - Guarding One's Tongue

General 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;
- 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;
- YU Torah Online web site – Machshava (Jewish Thought) category: www.yutorah.org/machshava.cfm.

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 ACTT e-Discussion group Postal mail

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

I would like to help with ACTT activities

I would like to receive more information about ACTT

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