



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

Vilna Gaon - Even Shleima, Chapter 1

Emes – Telling the Truth Module Packet 1

...קרוב ה' לכל קוראיו לכל אשר יקראהו באמת.

...Hashem is close to all who call upon Him, to all who call upon Him with truth...
(Tehillim 145:18)

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Use of Material

The material in this *ACTT Module Packet* 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 20110213

ACTT Emes – Telling the Truth Module – Packet 1

Specific Goal Suggested for *Emes – Telling the Truth* Module

To be honest, genuine, and sincere in one's interpersonal relationships - especially when interacting with one's family members.

General Goal of *Emes – Telling the Truth* Module

To elevate one's commitment of sincerity and integrity by heightening one's awareness of the importance of being upright and truthful.

Module Duration

This is the 1st module in the *Emes – Telling the Truth* series and is scheduled for 124 days.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at www.actt613.org
- Fill out the “ACTT *Emes – Telling the Truth 1* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet's Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Emes – Telling the Truth* activity/action in your “ACTT *Emes – Telling the Truth 1* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed, Judging Favorably, Kavanah During Davening, Hakaras HaTov, Bitachon, Anger Management for Positive Results, and Shmiras HaLashon* modules) in your “ACTT *Emes – Telling the Truth 1* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Emes – Telling the Truth 1* booster event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Emes – Telling the Truth Resources

The following are some resources for learning about *Emes – Telling the Truth*:

- Chofetz Chaim: Lessons in Truth - Daily studies in honesty and fundamentals of Jewish faith by Rabbi Shimon Finkelman; ArtScroll / Mesorah; ISBN: 1578195969
- Orchot Tzaddikim: The Ways of the Tzaddikim: Gavriel Zaloshinsky (Editor), Shraga Silverstein (Editor); Feldheim Publishers; ISBN: 0873067355, volume 2, pages 395-407
- Strive for Truth by Rabbi Eliyahu Eliezer Dessler; Feldheim Publishers; ISBN: 087306139X, volume 1, pages 165-203

Anecdotes revealing the scope and extent of honesty and integrity practiced by some outstanding Torah personalities:

The following is reproduced with the permission of ArtScroll / Mesorah, New York, from pages 107-108 of Reb Yaakov, The Life and Times of HaGaon Rabbi Yaakov Kamenetsky by Yonason Rosenblum; ISBN: 0899064159:

No doubt the most famous incident involving Reb Yaakov in Tzitevian - and one which he felt was a *mitzvah* to publicize - involved the local postmaster. Shortly after he assumed the position as *rav*, a Jew came to Reb Yaakov and told him that the postmaster had mistakenly given him change for a *hundred-lit* note instead of for the *ten-lit* note he had given him. Reb Yaakov advised the man to return the money. Several weeks later, Reb Yaakov was in the post office and this time the postmaster gave him more stamps than he had paid for. The smile on the postmaster's face as he handed Reb Yaakov his stamps alerted him that the postmaster was deliberately testing him to see whether the other Jew had just been an honest fool or had been acting according to the dictates of the new *rav*. Reb Yaakov was delighted that he had been presented with such an opportunity for *Kiddush Hashem* (Sanctification of the Divine Name) and instantly returned the extra stamps. Years later, he learned from survivors of Tzitevian that the postmaster had been one of the few locals who had been willing to hide Jews in his cellar, and he was convinced that such displays of honesty had been a major factor in that decision.

The following is reproduced with the permission of ArtScroll / Mesorah, New York, from pages 162-165 of Echoes of the Maggid by Rabbi Paysach J. Krohn; ISBN: 1578192609:

The *Chazon Ish*, Rabbi Avraham Yeshaya Karelitz (1878-1953), had a *minyan* for *Minchah* in his home in Bnei Brak every day, at 12:30 p.m. Once, there were only nine men present, and everyone waited for a tenth man to appear, so that they could begin *Minchah*.

At 12:45 p.m., a tenth man finally walked in. As they were getting ready to begin *Ashrei*, Rabbi Shmuel Greineman, said to his brother-in-law, the *Chazon Ish*, "I have a 1 o'clock appointment with someone. If I *daven* now, I will be late and will keep that person waiting. Should I stay here or leave?"

"An honest man must be on time for his appointments," said the *Chazon Ish*. "Coming late is deceitful. It is better that this *minyana* be dissolved today than you be involved in שקר, *falsehood*."

Does it occur to us that when we are late for an appointment, we are not only transgressing principles בין אדם להבירו, *man to man*, but also transgressing principles בין אדם למקום, *man to Hashem*, as well? This applies to everyone, professionals and laymen alike.



When Rabbi Eliezer Gordon (1840-1910), the Rav and Rosh Yeshivah of Telshe, Lithuania, passed away suddenly in England, there was great sadness in Telshe. His 17-year-old grandson, Elya Meir Bloch (1894-1955) cried uncontrollably at the loss of his revered grandfather. Rabbi Yosef Leib Bloch (1860-1930), the father of Elya Meir and the son-in-law of Rabbi Gordon, said to him, "It would seem to me that your crying is a bit exaggerated. Are you crying so much so that people should see how sad you are about your grandfather's passing?"

Years later, Reb Elya Meir would say, "My father was right. I was overzealous in my emotional display."

When Reb Elya Meir was in the United States, he was often very critical of secular Zionism. A prominent rabbi who knew Rav Elya Meir from Telshe said to him, "If you don't soften your views, you will lose your financial base, and then the Yeshiva will close."

Reb Elya Meir peered at the rabbi and said, "My father told me that I don't have to be a *rosh yeshivah* but I do have to be an *ehrlicher Yid* (an honest Jew)."



...The Manchester Rosh Yeshivah,] Rabbi [Yehudah Zev] Segal's honesty was impeccable, as shown by the following incident. He was once on an intercity train on which the conductor passes through the cars to collect the fares, Rabbi Segal started his trip in the economy second-class section and paid his fare, but when rowdy fellow passengers made it difficult for him to concentrate on his learning, he moved to the first-class section.

Rabbi Segal was sure that the conductor would come through again and he would pay the difference for the upgraded seat. When he reached his destination, the conductor had not come through the first-class section, so Rabbi Segal went directly to the station agent to pay the difference. The agent told Rabbi Segal that it was not necessary to pay. Not satisfied, Rabbi Segal went to the stationmaster and paid the extra fare. As the Rosh Yeshivah left the booth, the stationmaster said, "That man is one in a million!"



A gentleman wished to take *Purim* as a vacation day, so that he could celebrate with his family, but his employer refused permission, because things were very busy. The gentleman asked Rabbi Yaakov Kamenetsky (1891-1986) if he could call in sick. "This way I can spend more time with my children, and have the *Purim seudah* at the proper time." Reb Yaakov answered unequivocally that one may not call in sick if he is not sick. "Besides," said Reb Yaakov, "the Vilna Gaon had his *Purim seudah* in the morning so that he performed the *mitzvah* with alacrity and you can do the same." (See *Ma'seh Rav* no. 248.)

Reb Yaakov had the private unlisted telephone number of Rabbi Moshe Feinstein (1895-1986). When Reb Yaakov's wife was to have heart surgery, he wanted Reb Moshe to pray for her. He called Reb Moshe numerous times but the line was busy. When a family member asked Reb Yaakov why he didn't use Reb Moshe's unlisted number, he replied, "That was given to me to reach him on matters regarding *Klal Yisrael*. This is a personal matter, so I have no right to use Reb Moshe's private number."



If these episodes seem to present a lofty standard of truth, it is most likely because for no other transgression in the Torah is there the warning - distance yourself! The Torah declares *מדבר שקר תרחק*, *Distance yourself from a false word* (*Shemos 23:7*).

Reb Zisha of Hanipoli (d. 1800) once explained this phrase homiletically, "From a word of falseness, one becomes distanced [from Hashem],"

The words we write or speak, the appointments we make, the business deals we devise, the emotions we display, are all opportunities for honesty and integrity (and very often showcases for *Kiddush Shem Shamayim*, Sanctifying Hashem's Name). We must be careful not to overlook these opportunities.

ACTT Module Packet Appendix



ACTT Commitment Form – Emes- Telling the Truth 1 Module

Remember, it is better to commit to less – you can always do more!

Please PRINT all information

This commitment does not constitute a vow; I am doing the following, bli neder

From ___ / ___ / ___ To ___ / ___ / ___

In memory of _____

As a zechus for:

a refuah shelaimah for _____

a shidduch for _____

parnassa for _____

other _____

- ___ *Emes – Telling the Truth act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
 - ___ *Ahavas Chesed act(s)* *daily or* *weekly*
 - ___ *Judging Favorably act(s)* *daily or* *weekly*
 - ___ *Kavanah During Davening act(s)* *daily or* *weekly*
 - ___ *Hakaras HaTov act(s)* *daily or* *weekly*
 - ___ *Bitachon act(s)* *daily or* *weekly*
 - ___ *Anger Management for Positive Results act(s)* *daily or* *weekly*
 - ___ *Shmiras HaLashon act(s)* *daily or* *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Emes – Telling the Truth 1* Learning Schedule Book (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

☺ *Be happy with your ability to Improve Yourself and Grow!* ☺

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



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 2) Some Ideas for Acts of Chesed were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 3) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 4) Some of the ideas for Bitachon were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush
- 5) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

IDEAS FOR EMES – TELLING THE TRUTH	
Be honest while taking exams Return extra change if salesperson makes a mistake Do not cut corners on taxes If one doesn't know the answer, say "I don't know" Say items that can be fulfilled Be on time Be honest with oneself - not hypocritical	Don't promise items to ones children that one can't keep Do not keep people waiting Give people credit for items they do When quoting, mention the proper source for the quote Admit when one is wrong

IDEAS FOR ACTS OF CHESED		
Offer to run an errand for a friend Cheerfully greet someone Bake an unexpected treat for a friend Remember someone's birthday Call someone going thru a difficult time Leave a friendly note for a family member Listen patiently to others Clean up after dinner without being asked Call someone who lives alone Greet everyone you see with a smile Introduce yourself to someone Apologize for something you've done Take out the garbage without being asked	Give someone an unexpected compliment Spend time with a child with a disability Help strangers in shul feel welcome Take an elderly person shopping Pay attention to what people are saying Spend quality time with family & friends Call or visit someone who is sick Cook a meal for a person in need Visit someone who may be lonely Call someone you haven't spoken to in a while Say thanks - no matter how small the deed Help a child with his / her homework Compliment someone who helps you	Give someone an encouraging note When asked to do something, respond right away in a cheerful and willing manner Drive someone to the doctor Help out family members even if you're busy Help someone find a job Buy a gift for a loved one for no reason Greet everyone with a pleasant "good morning" Write a letter to an elderly person Take a neighbor's garbage cans in from the curb Call someone who recently lost a loved one Congratulate siblings on recent accomplishments



ACTT Activity/Action Ideas (continued)

IDEAS FOR JUDGING FAVORABLY	
<p>Don't jump to conclusions Judge your neighbor's actions favorably "Judge your fellow man fairly" (Leviticus 19:15) Look for a possible explanation in another's behavior Give your friend the benefit of the doubt Look for the good in others "Judge all people to the side of merit" (Ethics of the Fathers 1:6) Think about "Love your neighbor like yourself", and apply it to others. We all find excuses for ourselves.</p>	<p>Realize that your friend did not see you carrying packages when he/she passed by Remember, it could be a miscommunication... Are we missing any facts? Look for people's strengths Remember, things are not always what they seem! Try to explain... not complain about other people's actions Focus on solutions - not recriminations Remember the excuses one makes for oneself - apply these excuses to the one who wronged you</p>
IDEAS FOR IMPROVING KAVANAH DURING DAVENING	
<p>Meditate for 5 minutes before davening Write translations to difficult words in your siddur Think about all Hashem has given you Say the words, "I am standing before Hashem" out loud Remember that Kavanah During Davening is a Halachik requirement of prayer Pronounce each word slowly and clearly Use a siddur, even for Tefillos you know by heart Establish a specific place for davening Concentrate for 3 seconds on each word of a specific tefillah</p>	<p>Learn the meanings of words you do not know Select one prayer a week to say with more kavanah Write down your favorite phrases from davening and focus on them when you daven Arrive before the minyan begins to daven and be ready when they start When davening at home, remove distractions from around you Select one word a day to say with more kavanah Select one phrase a day to say with more kavanah Before you start to daven, review what Hashem has given you in the last 24 hours</p>



ACTT Activity/Action Ideas (continued)

IDEAS FOR HAKARAS HATOV	
<p>Recognize the good that you possess Appreciate what you do have rather than what you do not have Acknowledge that what you possess is a gift, not something you deserve Develop the habit of saying thank you for everything you receive, both big and small Realize that everything comes from Hashem and is for your good, then thank Him Always see the glass as being half full and be thankful Focus on developing an attitude of gratitude Appreciate the good that a family member does for you and say thank you Appreciate the good that a friend does for you and say thank you Appreciate the good that a colleague does for you and say thank you Appreciate the good that strangers do for you and say thank you</p>	<p>Write a thank you note to express your appreciation Make a telephone call to express your appreciation Give a gift to express your appreciation Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper Thank the school bus driver Thank your teacher, thank your child's teacher Thank the mail carrier for delivering the mail Say <i>Modeh Ani</i> each morning with great feeling Reflect on <i>Modim Anachnu Lach</i> in <i>Shmoneh Esrei</i> Thank Hashem for every breath that you take</p>
IDEAS FOR BITACHON	
<p>Trust that whatever Hashem does is for your good Believe that if Hashem wants, He can solve your problem this very minute Realize that Hashem forgets no one and that He loves each of His creations Ask Hashem to help you pray, to teach you how to pray, to open your mouth in prayer Internalize that success is from Hashem and if you turn to Him sincerely, He will certainly help you succeed if it is in your best interest Acknowledge that Hashem knows what is best for you, more than you yourself know</p>	<p>Believe that there is no one but Hashem and that no one can do you harm against Hashem's will Acknowledge that just as Hashem has helped you many times in the past, He will help you again now Trust that whatever happened is what Hashem wanted to happen and that it is in your best interest Accept that the amount of money that you will make has been decreed by Hashem and have peace of mind that you will get exactly what you are supposed to get</p>



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT	
<p>In the past, when you have been able to overcome anger quickly, how did you do it? Learn from people who are able to remain calm in situations that get you angry Learn from people who are able to let go of their anger easily Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc. When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly When you are about to get angry because of something that someone did to you, focus on some good quality of that person</p>	<p>Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc. Meditate on: “Ein od milvado - There is nothing else besides G-d” When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it When you are about to get angry, ask yourself, “How important is this in my life?”</p>
IDEAS FOR SHMIRAS HALASHON	
<p>Think before speaking Pause to think about what to say and how to say it before responding to someone Give each person the benefit of the doubt Train yourself to avoid judging others Think positive thoughts and avoid negative thoughts Stay calm and avoid getting angry Avoid joking around that could lead to making fun of others Develop a character of humility - avoid arrogance</p>	<p>Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day Never give up hope of one’s ability to guard one’s tongue Accept the idea that it is possible to speak without gossiping Train yourself to avoid complaining about others Learn the laws of Shmiras HaLashon Walk away from a group that is speaking Lashon Hara If someone starts speaking Lashon Hara to you, respectfully ask them to stop Realize and say to yourself: “It’s Not That Important”</p>



ACTT Daily Activity Log – Emes – Telling the Truth 1 Module

Abbreviations: 1) CCLT= *Chofetz Chaim: Lessons in Truth*; 2) E = *Emes*; 3) AC = *Ahavas Chesed*; 4) JF = *Judging Favorably*; 5) KDD = *Kavanah During Davening*; 6) HT = *Hakaras HaTov*; 7) B = *Bitachon*; 8) AM = *Anger Management*; 9) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenace activities/actions					
Day	m/d/10	√	CCLT	x	√
					√
					√
					√
Note: Below is the suggested reading from the Emes module’s new source book: <u>Chofetz Chaim: Lessons in Truth</u>					
Sun	01/02/11		CCLT	Intro	
Mon	01/03/11		CCLT	Intro	
Tue	01/04/11		CCLT	Intro	
Wed	01/05/11		CCLT	Intro	
Thu	01/06/11		CCLT	Purpose	
Fri	01/07/11		CCLT	1	
Sat	01/08/11		CCLT	2	



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sun	01/09/11	CCLT	3		
Mon	01/10/11	CCLT	4		
Tue	01/11/11	CCLT	5		
Wed	01/12/11	CCLT	6		
Thu	01/13/11	CCLT	7		
Fri	01/14/11	CCLT	8		
Sat	01/15/11	CCLT	9		
Sun	01/16/11	CCLT	10		
Mon	01/17/11	CCLT	11		
Tue	01/18/11	CCLT	12		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Wed	01/19/11	CCLT	13		
Thu	01/20/11	CCLT	14		
Fri	01/21/11	CCLT	15		
Sat	01/22/11	CCLT	16		
Sun	01/23/11	CCLT	17		
Mon	01/24/11	CCLT	18		
Tue	01/25/11	CCLT	19		
Wed	01/26/11	CCLT	20		
Thu	01/27/11	CCLT	21		
Fri	01/28/11	CCLT	22		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sat	01/29/11	CCLT	23		
Sun	01/30/11	CCLT	24		
Mon	01/31/11	CCLT	25		
Tue	02/01/10	CCLT	26		
Wed	02/02/11	CCLT	27		
Thu	02/03/11	CCLT	28		
Fri	02/04/11	CCLT	29		
Sat	02/05/11	CCLT	30		
Sun	02/06/11	CCLT	31		
Mon	02/07/11	CCLT	32		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Tue	02/08/11	CCLT	33		
Wed	02/09/11	CCLT	34		
Thu	02/10/11	CCLT	35		
Fri	02/11/11	CCLT	36		
Sat	02/12/11	CCLT	37		
Sun	02/13/11	CCLT	38		
Mon	02/14/11	CCLT	39		
Tue	02/15/11	CCLT	40		
Wed	02/16/11	CCLT	41		
Thu	02/17/11	CCLT	42		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Fri	02/18/11	CCLT	43		
Sat	02/19/11	CCLT	44		
Sun	02/20/11	CCLT	45		
Mon	02/21/11	CCLT	46		
Tue	02/22/11	CCLT	47		
Wed	02/23/11	CCLT	48		
Thu	02/24/11	CCLT	49		
Fri	02/25/11	CCLT	50		
Sat	02/26/11	CCLT	51		
Sun	02/27/11	CCLT	52		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Mon	02/28/11	CCLT	53		
Tue	03/01/11	CCLT	54		
Wed	03/02/11	CCLT	55		
Thu	03/03/11	CCLT	56		
Fri	03/04/11	CCLT	57		
Sun	03/06/11	CCLT	59		
Mon	03/07/11	CCLT	60		
Tue	03/08/11	CCLT	61		
Wed	03/09/11	CCLT	62		
Thu	03/10/11	CCLT	63		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Fri	03/11/11	CCLT	64		
Sat	03/12/11	CCLT	65		
Sun	03/13/11	CCLT	66		
Mon	03/14/11	CCLT	67		
Tue	03/15/11	CCLT	68		
Wed	03/16/11	CCLT	69		
Thu	03/17/11	CCLT	70		
Fri	03/18/11	CCLT	71		
Sat	03/19/11	CCLT	72		
Sun	03/20/11	CCLT	73		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Mon	03/21/11	CCLT	74		
Tue	03/22/11	CCLT	75		
Wed	03/23/11	CCLT	76		
Thu	03/24/11	CCLT	77		
Fri	03/25/11	CCLT	78		
Sat	03/26/11	CCLT	79		
Sun	03/27/11	CCLT	80		
Mon	03/28/11	CCLT	81		
Tue	03/29/11	CCLT	82		
Wed	03/30/11	CCLT	83		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Thu	03/31/11	CCLT	84		
Fri	04/01/11	CCLT	85		
Sat	04/02/11	CCLT	86		
Sun	04/03/11	CCLT	87		
Mon	04/04/11	CCLT	88		
Wed	04/05/11	CCLT	89		
Thu	04/06/11	CCLT	90		
Fri	04/07/11	CCLT	91		
Sat	04/08/11	CCLT	92		
Sun	04/09/11	CCLT	93		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Mon	04/10/11	CCLT	94		
Tue	04/11/11	CCLT	95		
Wed	04/12/11	CCLT	96		
Thu	04/13/11	CCLT	97		
Fri	04/14/11	CCLT	98		
Sat	04/15/11	CCLT	99		
Wed	04/16/11	CCLT	100		
Thu	04/17/11	CCLT	101		
Fri	04/18/11	CCLT	102		
Sat	04/19/11	CCLT	103		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sun	04/20/11	CCLT	104		
Mon	04/21/11	CCLT	105		
Tue	04/22/11	CCLT	106		
Wed	04/23/11	CCLT	107		
Thu	04/24/11	CCLT	108		
Fri	04/25/11	CCLT	109		
Sat	04/26/11	CCLT	110		
Wed	04/27/11	CCLT	111		
Thu	04/28/11	CCLT	112		
Fri	04/29/11	CCLT	113		



ACTT Daily Activity Log (continued) – Emes – Telling the Truth 1 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sat	04/30/11	CCLT	114		
Sun	05/01/11	CCLT	115		
Mon	05/02/11	CCLT	116		
Tue	05/03/11	CCLT	117		
Wed	05/04/11	CCLT	118		
Thu	05/05/11	CCLT	119		

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