ACTT Generic Daily Activity/Action Log for Module: _____

Abbreviations: 1) **AC**: *Ahavas Chesed*; 2) **JF:** *Judging Favorably*; 3) **KDD:***Kavanah During Davening;* 4) **HT**: *Hakaras HaTov;* 5) **B**: *Bitachon;* 6) **AM**: = A*nger Management;* 7) **SL**: *Shmiras HaLashon;* 8) **ES**: *Emes*; 9) **6CM**: *6 Constant Mitzvos*; 10) **H**: *Happiness*; 11) **F**: *Forgiveness*; 12) **Z**: *Zerizus*; 13) **EH:** Emunah; 14) **KH:** Kiddush Hashem

Date		√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module's activity/action and up to 2 maintenance activities/actions			
Day	m/d/10	√	AC: When asked to do something, respond right away in a cheerful and willing manner
		√	JF: Remember the excuses one makes for oneself - apply these excuses to the one who wronged you
		√	B: 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

ACTT Generic Daily Activity/Action Log (continued) for Module: _____

Date		√	Notes (description of activity/action, comments, etc.)

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