



## ACTT Generic Commitment Form For Any 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 \_\_\_\_\_

- \_\_\_\_\_ *act(s) daily in a ☺ mood*

# act(s)          Name of current module

(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*
- \_\_\_ *Emes – Telling the Truth act(s)*  *daily or*  *weekly*
- \_\_\_ *The Six Constant Mitzvos act(s)*  *daily or*  *weekly*
- \_\_\_ *Happiness act(s)*  *daily or*  *weekly*
- \_\_\_ *Forgiveness act(s)*  *daily or*  *weekly*
- \_\_\_ *Zerizus - Acting With Zeal & Alacrity act(s)*  *daily or*  *weekly*
- \_\_\_ *Emunah act(s)*  *daily or*  *weekly*
- \_\_\_ *Kiddush Hashem act(s)*  *daily or*  *weekly*

- *Learning* \_\_\_ *minutes daily from* (ACTT recommends 5 minutes daily):

\_\_\_\_\_  
Name of current module's source book (see current module's Learning Schedule)

**Commitment Signature**

Signed: \_\_\_\_\_ Date \_\_\_\_\_

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