



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 – Loving Kindness act(s) ☐ daily or ☐ weekly*
- ___ *Judging Favorably act(s) ☐ daily or ☐ weekly*
- ___ *Kavanah During Davening – Concentration During Prayers act(s) ☐ daily or ☐ weekly*
- ___ *Hakaras HaTov – Gratitude act(s) ☐ daily or ☐ weekly*
- ___ *Bitachon – Trust in Hashem act(s) ☐ daily or ☐ weekly*
- ___ *Anger Management for Positive Results act(s) ☐ daily or ☐ weekly*
- ___ *Shmiras HaLashon – Guarding One’s Tongue act(s) ☐ daily or ☐ weekly*
- ___ *Emes – Telling the Truth act(s) ☐ daily or ☐ weekly*
- ___ *The Six Constant Mitzvos act(s) ☐ daily or ☐ weekly*
- ___ *Simchah – Happiness act(s) ☐ daily or ☐ weekly*
- ___ *Slichah – Forgiveness act(s) ☐ daily or ☐ weekly*
- ___ *Zerizus – Acting With Zeal & Alacrity act(s) ☐ daily or ☐ weekly*
- ___ *Emunah – Faith in Hashem act(s) ☐ daily or ☐ weekly*
- ___ *Kiddush Hashem – Sanctification of G-d’s Name 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!* ☺