



### Learning Schedule for: *Entire 8<sup>th</sup> Year of the ACTT Program*

Source Book: Step By Step – A Weekly Program for Self-Improvement  
An Anthology

I am dedicating today's learning of this sefer:

In memory of \_\_\_\_\_

As a zechus for:

a refuah shleimah for \_\_\_\_\_

a shidduch for \_\_\_\_\_

parnasah for \_\_\_\_\_

other \_\_\_\_\_

### Learning Schedule

The Step By Step source book covers one middah per week.

The ACTT learning schedule for each middah starts on Sunday for each week. Learn the corresponding material for the day of the week (Sunday, Monday, etc.), as specified in the Step By Step source book.

Week Beginning	Week#	Middah	Week Beginning	Week#	Middah
Sun 7/14/2013	1	Loving G-d	Sun 1/26/2014	27	Piety
Sun 7/21/2013	2	Loving Others	Sun 2/2/2014	28	Purity
Sun 7/28/2013	3	Hurtful Speech	Sun 2/9/2014	29	Fear of G-d
Sun 8/4/2013	4	Responsibility	Sun 2/16/2014	30	The Honor of Torah
Sun 8/11/2013	5	Cruelty	Sun 2/23/2014	31	Anger
Sun 8/18/2013	6	Faith	Sun 3/2/2014	32	Mockery
Sun 8/25/2013	7	Truth	Sun 3/9/2014	33	Discord
Sun 9/1/2013	8	Shame/Embarrassing Others	Sun 3/16/2014	34	Self-Sacrifice
Sun 9/8/2013	9	Trust	Sun 3/23/2014	35	Forbearing Affront
Sun 9/15/2013	10	Our Responsibilities to Others	Sun 3/30/2014	36	Growth Through Challenges
Sun 9/22/2013	11	Pride	Sun 4/6/2014	37	Cleanliness
Sun 9/29/2013	12	Worry	Sun 4/13/2014	38	Revenge
Sun 10/6/2013	13	Cleaving to Hashem	Sun 4/20/2014	39	Greeting Others Cheerfully
Sun 10/13/2013	--	CATCH UP WEEK	Sun 4/27/2014	--	CATCH UP WEEK
Sun 10/20/2013	14	Judging People Favorably	Sun 5/4/2014	40	Orderliness
Sun 10/27/2013	15	Gratitude	Sun 5/11/2014	41	Tolerance
Sun 11/3/2013	16	Punctiliousness	Sun 5/18/2014	42	Humility
Sun 11/10/2013	17	Being Content With Less	Sun 5/25/2014	43	Stubbornness
Sun 11/17/2013	18	Divine Providence	Sun 6/1/2014	44	Abstinence
Sun 11/24/2013	19	Influence	Sun 6/8/2014	45	Jealousy
Sun 12/1/2013	20	Being Forgoing	Sun 6/15/2014	46	Mercy & Graciousness
Sun 12/8/2013	21	Influencing the Public for the Good	Sun 6/22/2014	47	Drive
Sun 12/15/2013	22	Remembering/Forgetting	Sun 6/29/2014	48	Peace
Sun 12/22/2013	23	Alacrity	Sun 7/6/2014	49	Happiness
Sun 12/29/2013	24	Desire/Passion	Sun 7/13/2014	50	Silence
Sun 1/5/2014	25	Flattery	Sun 7/20/2014	51	Reproof
Sun 1/12/2014	--	Review Rabbi Pliskin's "Kindness" book	Sun 7/27/2014	52	Return
Sun 1/19/2014	--	CATCH UP WEEK	Sun 8/3/2014	--	CATCH UP WEEK