



## **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*
  - \_\_\_ *Hashgachah Pratis – Divine Providence awareness*  *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!* ☺