



All of the service of Hashem is dependent upon the improvement of one's character traits.

Vilna Gaon - Even Shleima, Chapter 1

Bitachon Module Packet 1

*שמחתו בכל ענין שיעתק אליו, ואם יהיה כנגד טבעו,
מפני בטחונו באלקים שלא יעשה לו אלא הטוב לו בכל ענין,
כאשר תעשה האם החומלת לבנה.*

***He is happy in whatever situation he is placed in, even if it is contrary to his nature,
because he trusts in G-d that He will do only what is for his good in all things,
just as a caring mother acts toward her infant child.***

Chovos HaLevavos/Duties of the Heart

Section 4: Shaar HaBitachon/The Gate of Trust in G-d - Introduction

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Contact Information

For additional information, please contact us at:

ACTT e-mail: info@actt613.org

ACTT web site: www.actt613.org

ACTT postal mailing address: ACTT
48 Edgemount Road
Edison, NJ 08817

ACTT tel#: (732) 993-5376

Use of Material

The material in this *ACTT Module Packet* is intended for the use of the ACTT organization’s members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

Version 20080225

ACTT Bitachon Module – Packet 1

Specific Goal Suggested for *Bitachon 1* Module

To minimize complaining about missing something that I “need” and to start to feel secure that Hashem sends me all that I need.

General Goal of *Bitachon* Module

To develop and internalize total Trust in G-d in all aspects of my life that results in true peace of mind and authentic joy.

Module Duration

This module is part 1 of the *Bitachon* series and will last for 13 weeks.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see Membership page of www.actt613.org or ACTT Welcome Kit
- Fill out the “ACTT *Bitachon 1* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet’s Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Bitachon* activity/action in your “ACTT *Bitachon 1* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed*, *Judging Favorably*, *Kavanah During Davening*, *Hakaras HaTov*, *Anger Management for Positive Results*, and *Shmiras HaLashon* modules) in your “ACTT *Bitachon 1* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Bitachon 1* kickoff event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Bitachon Resources

The following are some resources for learning about *Bitachon*:

- [You Can Learn Bitachon - Trust in G-d](#) by Yeshiva Zichron Eliezer; Hamatik Printing
- [Duties of the Heart - Chovos ha-Levavos](#) (Volume 1 – Section 4: The Gate of Trust in G-d) by R. Bachya ben Joseph ibn Paquda; Feldheim Publishers; ISBN: 1-58330-432-0
- [The Garden of Emuna - A Practical Guide to Life](#) by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- [Faith at Work – Building a Life of Bitachon](#) tapes by Rabbi Ephraim Wachsman; The Chofetz Chaim Heritage Foundation (CCHF), tel# 866-593-8399
- Several Bitachon and Emuna audio shiurim by Rabbi BenTzion Shafier at www.TheShmuz.com

Seeing the Light in Darkness

by Rabbi Shaul Rosenblatt

Reproduced with Aish HaTorah's permission from:

http://www.aish.com/spirituality/growth/Seeing_the_Light_in_Darkness.asp

A rabbi at Aish UK, whose wife had metastatic breast cancer, shares his tools for developing trust in G-d.

*The following article was written 10 days before the author's wife passed away, tragically, on August 8, 2001 (19 Av 5761). May the soul of **Elana Golda bas Yisroel Mordechai** be bound in the bond of eternal life.*

As with all good things in life, trust in G-d does not just happen. You don't go to bed one night feeling that G-d is out to get you and wake up the next day confident that you can rely on Him - no matter what you take.

If you want to trust G-d, it is going to take conscious effort to develop and maintain the emotion.

My wife has metastatic breast cancer. If you are au fait with cancer jargon, you will know that the situation is pretty bad.

At the time she was first diagnosed, I realized that I had many options. I could hide in a corner and block out the world. I could pretend to myself that everything was okay. I could accept the 'inevitable' (as doctors would say) and enjoy the time we had left. Or I could develop a sense of trust in G-d and allow myself to feel that we are in very good hands.

The last option seemed the most appealing (and the most reasonable). So I set out to try to develop an emotion within myself that was, until that time, pretty dormant. I still have my bad moments. It's not so easy to trust in G-d when you get bad news after bad news after bad news. Not so easy, but equally not impossible. My pain is usually short-lived and I can quickly reactivate a confidence that G-d is here with me and I have nothing to fear. Each new development brings with it a test that I cannot be sure I will pass, but, so far so good. If anything, as the situation has worsened, my trust has been growing.

I want to share with you the lessons that I learned, from a number of wise people, in terms of how to develop a feeling of trust. I guarantee that if you put in the time and energy, it works. And it's worth it. You can put your time into fitness and be rewarded with a healthy body. You can put your time into business and be rewarded with material success. Put your time into trusting in G-d and you will be rewarded with tranquility of heart and mind for eternity.

Two Prerequisites

So how do you do it?

Let's begin with two prerequisites.

Firstly, trust is a feeling. You can intellectualize all you want, but if you don't *feel* confident that someone will catch you at the bottom, you aren't going to jump.

There is the old story of an atheist who falls off a 2000 ft. smooth cliff. He grabs onto the one twig there is 1,000 feet down. He looks up to Heaven and figures it's worth a shot.

'Is there anybody up there?' he asks.

'Yes, it's me, G-d,' comes the response.

'Thank G-d for that,' the atheist replies. 'Please G-d, help me. I'll do anything.'

'Of course, my son. But I have just one request to make.'

'Anything, G-d,' replies the atheist.

'I will save you, my child,' says G-d, 'but you have to trust me first. Let go of the twig and I will catch you.'

The atheist looks down at the rocks 1,000 feet below and looks up again.

'Is there anybody else up there?'

The point is clear. You can know there is a G-d intellectually, but that doesn't mean you will trust Him emotionally. A person can switch from being an atheist to one who knows there is a G-d in a moment - if he or she were to have a clear experience of G-d. But trusting in G-d is a very different matter.

Knowing G-d Exists

The second prerequisite is that if you want to trust G-d, you have to first know He exists and loves you. We have a dangerous ability to feel emotions that are intellectually unsupported and unsupported. People can feel 'love' for a person who has none of the qualities required in order to love them. It's called infatuation. People can find deep meaning in something that is utterly meaningless (Timothy McVeigh felt it was deeply meaningful to kill over one hundred people in Oklahoma.) And people can have faith in something that, intellectually, is clearly false - the Moonies and other cults prey on this constantly.

So too, people can trust in G-d without being sure that He even exists. It's very possible, but dangerous and incorrect in Jewish thinking. It's dangerous because it's mindless. And wherever there is

mindlessness, there is escape from G-dliness. And where there is escape from G-dliness, there cannot be deep-rooted trust.

Trust cannot be a crutch. It must start with the mind and spread through to the emotions. Otherwise, it is a castle built on sand.

So how do we go about feeling trust in G-d in a seemingly dark and lonely world? How do we get in touch with the fact that there is a G-d, whom we can rely on, when at times He seems so distant and impersonal?

The following steps are predicated on the intellectual belief in G-d's existence. If you've got that, then this is how you can go about getting yourself on the road to trusting Him.

According to the 10th Century classic, Chovos Halevavos, Duties of the Heart, there are seven elements involved in trust in G-d. If you feel all seven, you will feel trust. I am using an order put together by Rabbi Weinberg, the Rosh Yeshiva of Aish HaTorah. I will explain how I personally relate to each one in the context of my wife's illness in order to make them more practical and relatable.

1. Tell yourself that: G-d loves me with a love that is deeper than any parent has ever loved any child. He loves me as a unique individual. I am his special, sweet little baby.

I personally try to imagine G-d holding me in His arms, smiling at me, as I do with my children, enveloping me with His love.

2. G-d knows my every need, my every challenge, and my every problem. He knows what I feel, what I think, what concerns me, what worries me. He knows exactly what's on my mind and He knows it constantly. He doesn't forget about me, not even for a moment. Nothing slips past Him. He 'thinks' about me and my problems 24/7.

He knows the location of every cancer cell in my wife's body. No rogue cell can slip by His notice and start growing on its own. He is fully aware and cognizant of all that is going on. He also knows what I am worried by. He knows exactly what I am feeling, exactly what I want. He hears every one of my prayers.

3. G-d has the power to do anything. There is nothing that I need that He cannot provide. Nothing I am lacking that He cannot give me. He is able to solve all of my problems and solve them immediately. He is able to prevent any problem arising.

He is able to take away every cancer cell instantly. He can change the whole situation around in a moment. And it's not difficult for Him to do so. My wife could jump out of bed tomorrow, free of cancer, as though nothing had ever happened.

4. Nothing else has any power. There is nothing that works independent of G-d. Nothing, no matter how small, can or does happen without His full approval. He does not give over His power to other forces. He remains in full control at all times.

There is no cancer; there is just G-d. There is no chemotherapy; there is just G-d. Cancer cells do not grow by themselves; G-d makes them grow. And there is not a single one that can grow without G-d's 'expressed' desire for it to do so. G-d and cancer are not adversaries. They are partners.

5. G-d has done so much for me until now. He has given me life. He has given me freewill. He makes my heart beat. He makes the blood run round my body. He gives me air to breathe, food to eat. He provides warmth. You name it, He has done it. He has a track record of complete and utter goodness. Anything that I need or want is like asking my father for a dime to make a phone call. I have no doubt that He will give it to me because He has already given me so much. Anything I could possibly want is so small compared to His goodness to me so far.

Taking the cancer away is nothing compared to making my heart constantly pump just enough oxygen to my brain for the past 35 years. And He did that without my even asking.

6. G-d's love is unconditional. It is not dependent on my actions or my way of life. Like a good parent, He loves me no matter what. Even when I stumble and make some very big mistakes, He still loves me. Even when I completely ignore Him, He still loves me. His love is with me no matter who I am or what I do. Despite all my imperfections, I can feel secure that G-d is still backing me.

G-d would like me to be great. His expectations for me are massive - because of what I can accomplish with the soul he has given me. Nevertheless, I could waste it all and he might still make my wife better, just because he loves me.

7. Like any good parent, G-d will always give me just what I need. Life will not always be exactly what I want to it be. He might not give me what I think will be good for me. But He will always give me what is really good for me. No matter what I am going through, it is exactly what I need to be going through.

Whatever G-d might have in store for me, the road this illness is taking us down is a road we need to traverse. And wherever that road might lead, its destination is where we need to be.

For me, this final point creates the greatest sense of trust and security. No matter what I am going through - no matter how 'bad' or painful it may seem, I know that it is for my ultimate good.

Try feeling each of these elements a number of times a day. Don't spend too much time on each one -- you may find that frustrating. Taking one minute to focus on these points a few times a day will make a significant impact.

Working on feeling these seven elements has been very powerful for me. It has brought a tremendous sense of security into my life. Spending a few minutes a day is a small price to pay for the dividends that you can reap from developing trust.

I am praying for my wife's speedy recovery. Only G-d knows what will be. But there is one thing I do know. G-d is giving us, and will give us, just what we need.

ACTT Module Packet Appendix



ACTT Commitment Form – *Bitachon 1* 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 _____

- ___ *Bitachon act(s) daily in a ☺ mood*
(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*
 - ___ *Anger Management for Positive Results act(s)* *daily* or *weekly*
 - ___ *Shmiras HaLashon act(s)* *daily* or *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Bitachon 1* Learning Schedule Book (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

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

Please email form: commitment@actt613.org or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some Ideas for Acts of Chesed were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 2) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 3) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) Some of the ideas for Bitachon were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush
- 5) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

IDEAS FOR BITACHON

<p>Trust that whatever Hashem does is for your good Believe that if Hashem wants, He can solve your problem this very minute Realize that Hashem forgets no one and that He loves each of His creations Ask Hashem to help you pray, to teach you how to pray, to open your mouth in prayer 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 Acknowledge that Hashem knows what is best for you, more than you yourself know</p>	<p>Believe that there is no one but Hashem and that no one can do you harm against Hashem's will Acknowledge that just as Hashem has helped you many times in the past, He will help you again now Trust that whatever happened is what Hashem wanted to happen and that it is in your best interest Accept that the amount of money that you will make has been decreed by Hashem and have peace of mind that you will get exactly what you are supposed to get</p>
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IDEAS FOR ACTS OF CHESED

<p>Offer to run an errand for a friend Cheerfully greet someone Bake an unexpected treat for a friend Remember someone's birthday Call someone going thru a difficult time Leave a friendly note for a family member Listen patiently to others Clean up after dinner without being asked Call someone who lives alone Greet everyone you see with a smile Introduce yourself to someone Apologize for something you've done Take out the garbage without being asked</p>	<p>Give someone an unexpected compliment Spend time with a child with a disability Help strangers in shul feel welcome Take an elderly person shopping Pay attention to what people are saying Spend quality time with family & friends Call or visit someone who is sick Cook a meal for a person in need Visit someone who may be lonely Call someone you haven't spoken to in a while Say thanks - no matter how small the deed Help a child with his / her homework Compliment someone who helps you</p>	<p>Give someone an encouraging note When asked to do something, respond right away in a cheerful and willing manner Drive someone to the doctor Help out family members even if you're busy Help someone find a job Buy a gift for a loved one for no reason Greet everyone with a pleasant "good morning" Write a letter to an elderly person Take a neighbor's garbage cans in from the curb Call someone who recently lost a loved one Congratulate siblings on recent accomplishments</p>
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ACTT Activity/Action Ideas (continued)

IDEAS FOR JUDGING FAVORABLY

Don't jump to conclusions
 Judge your neighbor's actions favorably
 "Judge your fellow man fairly" (Leviticus 19:15)
 Look for a possible explanation in another's behavior
 Give your friend the benefit of the doubt
 Look for the good in others
 "Judge all people to the side of merit" (Ethics of the Fathers 1:6)
 Think about "Love your neighbor like yourself", and apply it to others. We all find excuses for ourselves.

Realize that your friend did not see you carrying packages when he/she passed by
 Remember, it could be a miscommunication...
 Are we missing any facts?
 Look for people's strengths
 Remember, things are not always what they seem!
 Try to explain... not complain about other people's actions
 Focus on solutions - not recriminations
 Remember the excuses one makes for oneself - apply these excuses to the one who wronged you

IDEAS FOR IMPROVING KAVANAH DURING DAVENING

Meditate for 5 minutes before davening
 Write translations to difficult words in your siddur
 Think about all Hashem has given you
 Say the words, "I am standing before Hashem" out loud
 Remember that Kavanah During Davening is a Halachik requirement of prayer
 Pronounce each word slowly and clearly
 Use a siddur, even for Tefillos you know by heart
 Establish a specific place for davening
 Concentrate for 3 seconds on each word of a specific tefillah

Learn the meanings of words you do not know
 Select one prayer a week to say with more kavanah
 Write down your favorite phrases from davening and focus on them when you daven
 Arrive before the minyan begins to daven and be ready when they start
 When davening at home, remove distractions from around you
 Select one word a day to say with more kavanah
 Select one phrase a day to say with more kavanah
 Before you start to daven, review what Hashem has given you in the last 24 hours

IDEAS FOR IMPROVING ANGER MANAGEMENT

In the past, when you have been able to overcome anger quickly, how did you do it?
 Learn from people who are able to remain calm in situations that get you angry
 Learn from people who are able to let go of their anger easily
 Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc.
 When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly
 When you are about to get angry because of something that someone did to you, focus on some good quality of that person

Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc.
 Meditate on: "Ein od milvado - There is nothing else besides G-d"
 When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry
 Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it
 When you are about to get angry, ask yourself, "How important is this in my life?"



ACTT Activity/Action Ideas (continued)

IDEAS FOR HAKARAS HA TOV

Recognize the good that you possess
 Appreciate what you do have rather than what you do not have
 Acknowledge that what you possess is a gift, not something you deserve
 Develop the habit of saying thank you for everything you receive, both big and small
 Realize that everything comes from Hashem and is for your good, then thank Him
 Always see the glass as being half full and be thankful
 Focus on developing an attitude of gratitude
 Appreciate the good that a family member does for you and say thank you
 Appreciate the good that a friend does for you and say thank you
 Appreciate the good that a colleague does for you and say thank you
 Appreciate the good that strangers do for you and say thank you

Write a thank you note to express your appreciation
 Make a telephone call to express your appreciation
 Give a gift to express your appreciation
 Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper
 Thank the school bus driver
 Thank your teacher, thank your child's teacher
 Thank the mail carrier for delivering the mail
 Say *Modeh Ani* each morning with great feeling
 Reflect on *Modim Anachnu Lach* in *Shmoneh Esrei*
 Thank Hashem for every breath that you take

IDEAS FOR SHMIRAS HALASHON

Think before speaking
 Pause to think about what to say and how to say it before responding to someone
 Give each person the benefit of the doubt
 Train yourself to avoid judging others
 Think positive thoughts and avoid negative thoughts
 Stay calm and avoid getting angry
 Avoid joking around that could lead to making fun of others
 Develop a character of humility - avoid arrogance

Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day
 Never give up hope of one's ability to guard one's tongue
 Accept the idea that it is possible to speak without gossiping
 Train yourself to avoid complaining about others
 Learn the laws of Shmiras HaLashon
 Walk away from a group that is speaking Lashon Hara
 If someone starts speaking Lashon Hara to you, respectfully ask them to stop
 Realize and say to yourself: "It's Not That Important"



ACTT Daily Activity Log – *Bitachon 1* Module

Abbreviations: 1) YCLB = You Can Learn Bitachon by Yeshiva Zichron Eliezer; 2) B = *Bitachon*; 3) AC = *Ahavas Chesed*; 4) JF = *Judging Favorably*; 5) KDD = *Kavanah During Davening*; 6) AM = *Anger Management*; 7) HT = *Hakaras HaTov*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	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/07	√	YCLB	x	√
					B: Trusted that whatever Hashem does is for my good; and/or AC: Helped someone find a job; and/or JF: Did not
					√ jump to conclusions; and/or KDD: Meditated for 5 minutes before davening; and/or AM: Took a brisk walk to release
					√ anger; and/or HT: Appreciated a friend’s thoughtfulness and said thank you; SL: Paused to think before speaking
Note: Below are suggested pages to read each day from part 1 of the <i>Bitachon</i> module’s source book: <u>You Can Learn Bitachon</u>					
Sun	03/02/08		YCLB	1-2	
Mon	03/03/08		YCLB	3-4	
Tue	03/04/08		YCLB	5-6	
Wed	03/05/08		YCLB	6-7	
Thu	03/06/08		YCLB	7-8	
Fri	03/07/08		YCLB	8-10	
Sat	03/08/08		YCLB	10-11	
Sun	03/09/08		YCLB	11-14	



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Mon	03/10/08	YCLB	14 Benefit 5		
Tue	03/11/08	YCLB	15 Benefit 6		
Wed	03/12/08	YCLB	15-16		
Thu	03/13/08	YCLB	16-17		
Fri	03/14/08	YCLB	17-18		
Sat	03/15/08	YCLB	18 Alchemist		
Sun	03/16/08	YCLB	19 Mitzvah		
Mon	03/17/08	YCLB	19-20		
Tue	03/18/08	YCLB	20-21		
Wed	03/19/08	YCLB	21-22		
Thu	03/20/08	YCLB	23-24		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date		√ Book	Pages	√	Notes (description of activity/action, comments, etc.)
Fri	03/21/08	YCLB	24 Methods 4&5		
Sat	03/22/08	YCLB	25 Definition		
Sun	03/23/08	YCLB	25-26		
Mon	03/24/08	YCLB	26-28		
Tue	03/25/08	YCLB	29		
Wed	03/26/08	YCLB	29-31 Exercise for 1		
Thu	03/27/08	YCLB	31-32		
Fri	03/28/08	YCLB	32 Exercise for 2		
Sat	03/29/08	YCLB	33-34		
Sun	03/30/08	YCLB	34 Exercise for 3		
Mon	03/31/08	YCLB	34-35		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Tue	04/01/08	YCLB	35-38 Exercise for 4		
Wed	04/02/08	YCLB	38		
Thu	04/03/08	YCLB	38 Exercise for 5		
Fri	04/04/08	YCLB	39-40		
Sat	04/05/08	YCLB	40-42		
Sun	04/06/08	YCLB	42-43		
Mon	04/07/08	YCLB	43-44		
Tue	04/08/08	YCLB	44-45		
Wed	04/09/08	YCLB	45 Review		
Thu	04/10/08	YCLB	46 Seven Qualities		
Fri	04/11/08	YCLB	46-47 Thoughts		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sat	04/12/08	YCLB	47-48		
Sun	04/13/08	YCLB	48-49		
Mon	04/14/08	YCLB	49-51		
Tue	04/15/08	YCLB	51-53		
Wed	04/16/08	YCLB	53-54		
Thu	04/17/08	YCLB	54-56		
Fri	04/18/08	YCLB	56-57		
Sat	04/19/08	YCLB	57-58		
Sun	04/20/08	YCLB	58-59		
Mon	04/21/08	YCLB	60-62		
Tue	04/22/08	YCLB	62-64		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Wed	04/23/08	YCLB	64 Area 2		
Thu	04/24/08	YCLB	65-66		
Fri	04/25/08	YCLB	66-67		
Sat	04/26/08	YCLB	67-68		
Sun	04/27/08	YCLB	68-69		
Mon	04/28/08	YCLB	69-70		
Tue	04/29/08	YCLB	70-72		
Wed	04/30/08	YCLB	72 Area 3B		
Thu	05/01/08	YCLB	72-74 Attitude		
Fri	05/02/08	YCLB	74-75		
Sat	05/03/08	YCLB	75-76		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sun	05/04/08	YCLB	76-77		
Mon	05/05/08	YCLB	77-78		
Tue	05/06/08	YCLB	78 Area 5		
Wed	05/07/08	YCLB	78-79 Reward		
Thu	05/08/08	YCLB	79 Publicized		
Fri	05/09/08	YCLB	79-80 Area 6		
Sat	05/10/08	YCLB	81		
Sun	05/11/08	YCLB	82-83		
Mon	05/12/08	YCLB	83-84		
Tue	05/13/08	YCLB	84-85		
Wed	05/14/08	YCLB	85-87		



ACTT Daily Activity Log (continued) – *Bitachon 1* Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Thu	05/15/08	YCLB	87-88		
Fri	05/16/08	YCLB	88-89		
Sat	05/17/08	YCLB	89-90		
Sun	05/18/08	YCLB	91-92		
Mon	05/19/08	YCLB	92-93		
Tue	05/20/08	YCLB	93-94		
Wed	05/21/08	YCLB	94-95		
Thu	05/22/08	YCLB	95-98		
Fri	05/23/08	YCLB	99-100		
Sat	05/24/08	YCLB	100-101		
Sun	05/25/08	YCLB	101-102		

Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunafaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona'as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one's tongue
Siddurprayer book
Siyata D'ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit