



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

Vilna Gaon - *Even Shleima*, Chapter 1

## ***Kiddush Hashem - Sanctification of G-d's Name Module Packet 2***

***קדש את שמך על מקדישי שמך...***

***Sanctify Your Name through those who sanctify Your name...***

*Daily Shachris tefillah*

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### **Contact Information**

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ACTT web site: [www.actt613.org](http://www.actt613.org)

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### **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 20191119

## **ACTT Kiddush Hashem Module – Packet 2**

### **Specific Goal Suggested for *Kiddush Hashem 2* Module**

To find ways to make Kiddush Hashem constant in one's life.

### **General Goal of *Kiddush Hashem* Module**

To live one's life by sanctifying Hashem in everything that one does so that living a life of Kiddush Hashem becomes one's mission in life.

### **Module Duration**

This is the second module on *Kiddush Hashem - Sanctification of G-d's Name* and is scheduled for 149 days, including several catch-up days which can also be used for review. This module could be started at any time and should be completed since it is fundamental to the ACTT program and to one's mission in life.

### **To Do List**

- If you are not yet a member of the ACTT Organization, please fill out and submit a membership application either online or in the ACTT Welcome Kit on the Membership page of [www.actt613.org](http://www.actt613.org)
- Fill out the “ACTT Generic Commitment Form” for *Kiddush Hashem 2*, keep a copy for yourself and, optionally, submit a copy to the organization – see Module page of [www.actt613.org](http://www.actt613.org)
- On a daily basis:
  - Follow the Learning Schedule (you can change the dates if you start the module later) and record your *Kiddush Hashem* activity/action in your “ACTT Generic Daily Activity Log” for *Kiddush Hashem 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://www.actt613.org) for the generic activity log and activity/action ideas
  - Record your maintenance activity/action (from another module, e.g., *Ahavas Chesed*, *Judging Favorably*, *Hakaras HaTov*, etc.) in your “ACTT Generic Activity Log” for *Kiddush Hashem 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://www.actt613.org) for the activity log and activity/action ideas
- Participate in the chizuk activities, as desired:
  - ACTT *Kiddush Hashem 2* kickoff event (audio is on the Audio page of [www.actt613.org](http://www.actt613.org))
  - 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

## **Kiddush Hashem Resources**

The following are some resources for learning about *Kiddush Hashem*:

- [A Life Worth Living - Stories and Ideas for Constant Kiddush Hashem](#) by Rabbi Shraga Freedman; ArtScroll Mesorah Publications; ISBN: 1422622762
- [Living Kiddush Hashem - Sanctifying Hashem in everything we do](#) by Rabbi Shraga Freedman, forward by Rabbi Mattisyahu Salomon; ArtScroll Mesorah Publications; ISBN: 1422614875
- [Stories of Kiddush Hashem in everyday life](#) by Chaviva Krohn Pfeiffer (Author), Chani Stern (Illustrator) – for children; ArtScroll Mesorah Publications; ISBN: 1422614646

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### ***The Kippah on Beale Street***

by Rabbi Shraga Simmons

*A positive Jewish twist to the acclaimed new film.*

Reproduced with Aish HaTorah's permission from: [www.aish.com/ci/a/The-Kippah-on-Beale-Street.html](http://www.aish.com/ci/a/The-Kippah-on-Beale-Street.html)

There is a plotline in “If Beale Street Could Talk”, the new film by director Barry Jenkins (“Moonlight”) based on James Baldwin’s novel, centered around a young black couple trying to rent an apartment in 1970 Manhattan. Sadly, they encounter repeated refusals from racist landlords.

Then, in one of the film’s most emotional moments, a landlord named Levy rents the couple an apartment. “Just spread the love,” he tells them.

In the film, Levy is wearing a large kippah. This pop culture moment conveys an important Jewish value: Courageously doing the right thing – even when unpopular.

Kiddush Hashem, a sanctification of G-d’s Name (Leviticus 22:32) is a big deal.

Ever since the first Jew, Abraham, burst onto the scene, those who identify as “Torah observant” have responsibility as positive PR ambassadors for G-d. Unlike some who act with bullying, intimidation and threats, a Jew is to influence the world by embodying the ideals of compassion, integrity, and kindness. One who speaks pleasantly and deals honestly causes others to say: “If this is what Torah does for a person, I want some, too!”

### **Root of the Ideal**

Treating others with respect flows from the idea that every person has an intangible spiritual soul and is “created in the image of G-d” (Genesis 1:26).

To represent this idea, the Ten Commandments were given on two parallel tablets – five on one tablet, and five on the other. The first command – on the first tablet – is belief in G-d. The first command on the corresponding second tablet is "Do not murder." Thus the parallel is drawn: Respect for G-d and respect for those created in His image are two sides of the same coin. (Midrash – Mechilta D'Rebbe Yishmael – Yitro 8)

## Endless Opportunities

In everything we do, Jews are to be the standard-bearers of the Divine message of love. By assisting others – proactively, frequently, and altruistically – we increase respect for G-d in the world. This is the essence of *Kiddush Hashem*.

Putting this into practice typically involves a degree of self-sacrifice, and this is where the rubber hits the road. Will integrity prevail over selfish interests?

Consider these inspiring stories:

- Aaron Feuerstein, who continued paying thousands of Malden Mills workers even after the factory burned down, telling CBS's "[60 Minutes](#)" that "it was the right thing to do."
- [Rabbi Noah Muroff](#), a high school teacher in Connecticut who garnered [CNN headlines](#) for returning \$98,000 found hidden in a desk he bought on Craigslist.
- [Sol Werdiger](#), CEO of sports apparel Outerstuff, who influenced pro-Israel votes at the United Nations after unknowingly impressing South Korea's Ambassador.
- On Jimmy Kimmel's popular late-night show, pedestrians in Los Angeles ignore an injured Sponge Bob character for over 5 minutes, before [kippah-clad yeshiva students](#) stop to help.

Every aspect of our behavior can foster a *Kiddush Hashem*, regardless of media attention. For example, helping a stranger struggling with packages, or returning the extra change to a cashier. The key is to act with no ulterior motive or consideration for personal gain.

## Fighting Negatives

Unfortunately, news reports sometimes include the flip side – (ostensibly) Orthodox Jews committing ethical misdeeds. This goes beyond personal reputation. It damages the broader Torah brand and distances people's connection, as they think, "If this is the result of Torah, I don't want it."

This is why *Chillul Hashem* (desecration of G-d's Name) is the most serious of all transgressions, and the one for which it is most difficult to atone (Talmud – Yoma 86a).

James Baldwin, upon whose novel "Beale Street" is based, once wrote in the *New York Times* his negative perceptions of Jewish landlords. In the film version, Beale Street's outwardly Jewish landlord is redeemed, cast in the bright light of fairness and respect for others.

May this inspire us all.

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### ***The Best Way to Fight Negative Jewish Stereotypes***

by Rabbi Levi Welton

*Kiddush Hashem is the mitzvah for our generation.*

Reproduced with Aish HaTorah's permission from: [www.aish.com/jw/s/The-Best-Way-to-Fight-Negative-Jewish-Stereotypes.html](http://www.aish.com/jw/s/The-Best-Way-to-Fight-Negative-Jewish-Stereotypes.html)

In the summer of 1966, Stephen Carter, who is today a prestigious law professor at Yale, moved with his family to a new neighborhood in Washington, D.C. They were one of the only African-American families in a predominantly white neighborhood.

Carter writes:

My two brothers and two sisters and I sat on the front steps, missing our playmates, as the movers carried in our furniture. Cars passed what was now our house, slowing for a look, as did people on foot. We waited for somebody to say hello, to welcome us. Nobody did...I knew we were not welcome here. I knew we would not be liked here. I knew we would have no friends here. I knew we should not have moved here. I knew...

And all at once, a white woman arriving home from work at the house across the street from ours turned and smiled with obvious delight and waved and called out, 'Welcome!' in a booming, confident voice I would come to love. She bustled into her house, only to emerge, minutes later, with a huge tray of cream cheese and jelly sandwiches, which she carried to our porch and offered around with her ready smile, simultaneously feeding and greeting the children of a family she had never met – and a black family at that – with nothing to gain for herself except perhaps the knowledge that she had done the right thing. We were strangers, black strangers, and she went out of her way to make us feel welcome. This woman's name was Sara Kestenbaum.

That generous act permanently shaped the way Carter thought of the Jewish faith and even inspired his 1999 book "[\*Civility: Manners, Morals, and the Etiquette of Democracy\*](#)." In it, he notes that it was specifically Sara Kestenbaum's religion that motivated her to do what she did. Carter states that since she was an observant Jew, she was raised with this ideal that "Civility creates not merely a negative duty not to do harm, but an affirmative duty to do good."

This is called a "Kiddush Hashem" -- sanctifying the Name of G-d. As one of the 613 commandments given in the Torah, Kiddush Hashem is a multi-faceted mitzvah based on the verse in Leviticus 22:32 "...I shall be sanctified amidst the children of Israel. I am the Lord Who sanctifies you." This does not only refer to someone who is forced to die for their religious beliefs, such as the victims of the Holocaust. It also means choosing to act in a dignified way that "sanctifies G-d" in the eyes of those around you. As my esteemed mother, Dr. Sharona Welton, says, "The only thing more important than dying for G-d is living for G-d."

My friend Marc Firestone is a [successful businessman](#) who is working hard to encourage people to embrace their roles as "representatives of G-d". Additionally, Marc is an Orthodox Jew who has been featured on CNN, KABC-AM and KFI-AM talk radio talking about how the Torah provides wisdom for "sanctifying the Name of G-d" in small, practical ways ranging from how one talks to their spouse to how they do business.

It was Marc's kippah that became the catalyst for his extra-vocational passion. "I started noticing how, whether I like it or not, I've become an ambassador for the Jewish people just because I'm wearing a kippah on my head. This got me thinking all the different ways I could either be sanctifying G-d's Name – by acting like a real mensch, or G-d forbid doing the opposite."

The [recent story](#) of Sol Werdiger and the former South Korean Ambassador to the United Nation, Oh Joon is a case in point. Werdiger, an Orthodox Jew and CEO of Outerstuff, received a phone call from Mr. Oh

Joon, asking to meet him for lunch at a kosher restaurant in Manhattan. Although Sol did not know the purpose of the meeting he agreed to meet with Mr. Joon.

When they met, Mr. Joon told him the following, “I have always heard negative stereotypes about Jews and I took it at face value. Then, my daughter took an internship working in your company. Throughout the year, she has been telling me how wonderful it is to work at your company.”

Mr. Joon continued, “There are four areas which stood out and impressed my daughter. Every day at 1:30 p.m., no matter what was going on at the office, all the men including those from neighboring offices, retreated into a room to pray with sincerity and calm. Every Friday the office shuts down early in the afternoon in preparation for your holy Sabbath and is closed on the Sabbath – this includes all workers no matter which faith or religion they maintain. My daughter observed that each petitioner for charity – and there were many – were treated with respect and left with a check in hand. Lastly, my daughter was treated with the utmost respect and dignity.”

Because of the amazing experience and lessons the company taught his daughter, Mr. Joon took out his checkbook and was ready to write a check returning all his daughter’s earnings. Mr. Werdiger wouldn’t hear from it. “Your daughter worked and earned her salary and rightfully deserves her pay, I will not accept any remuneration.”

Then the Ambassador relayed the most amazing thing. “As you know, I have voting privileges at the UN. Because of my renewed appreciation of the Jewish people, I abstained from voting on resolutions against Israel on three occasions. At one resolution I was the ninth vote needed to pass the motion and resolution against Israel and because I abstained, it did not pass!”

“Stories like this shouldn’t be the exception,” Marc Firestone tells me. “They should be the norm.” To this end, Firestone partnered with his two sons-in-law, Rabbi Benyamin Moss and Dovid Herzka and launched a grassroots effort they call “Project Light” that produces educational materials to illustrate how [Kiddush Hashem](#) can be applied to every aspect of life – even how one drives in traffic.



**FRONT SIDE OF A PROJECT LIGHT “KIDDUSH HASHEM” CARD DISTRIBUTED IN SUMMER 2017**

Even if some of the ways one makes a Kiddush Hashem seem mundane and trivial, it is crucial to remember the wisdom of Major General Louis H. Wilson who once said, “True genius lies not in doing the extraordinary things, but in doing the ordinary things extraordinarily well.”



## **ACTT Module Packet Appendix**

- **ACTT Generic Commitment Form**
- **ACTT Learning Schedule**
- **ACTT Activity and Action Ideas**
- **ACTT Generic Daily Activity/Action Log**
- **ACTT Glossary**



## **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!* ☺



**Kiddush Hashem - Sanctification of G-d's Name Module 2 Learning Schedule**

Source Book: A Life Worth Living - Stories and Ideas for Constant Kiddush Hashem  
by Rabbi Shraga Freedman

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**

Date	Pages	Date	Pages	Date	Pages
Mon 11/25/19	11-13	Fri 12/20/19	80-82	Tue 01/14/20	147-150
Tue 11/26/19	13-15	Sat 12/21/19	Catch Up	Wed 01/15/20	150-152
Wed 11/27/19	17-20	Sun 12/22/19	83-85	Thu 01/16/20	152-154
Thu 11/28/19	23-25	Mon 12/23/19	85-87	Fri 01/17/20	155-157
Fri 11/29/19	25-26	Tue 12/24/19	87-90	Sat 01/18/20	Catch Up
Sat 11/30/19	Catch Up	Wed 12/25/19	91-94	Sun 01/19/20	160-163
Sun 12/01/19	26-29	Thu 12/26/19	96-99	Mon 01/20/20	163-166
Mon 12/02/19	29-31	Fri 12/27/19	99-103 Catch Up	Tue 01/21/20	167-169
Tue 12/03/19	32-33	Sat 12/28/19		Wed 01/22/20	169-171
Wed 12/04/19	33-35	Sun 12/29/19		Thu 01/23/20	172-174
Thu 12/05/19	38-40	Mon 12/30/19	103-106	Fri 01/24/20	176
Fri 12/06/19	41-44	Tue 12/31/19	106-108	Sat 01/25/20	Catch Up
Sat 12/07/19	Catch Up	Wed 01/01/20	109-112	Sun 01/26/20	177-180
Sun 12/08/19	44-46	Thu 01/02/20	113-116	Mon 01/27/20	180-183
Mon 12/09/19	46-48	Fri 01/03/20	116-119	Tue 01/28/20	184-186
Tue 12/10/19	49-51	Sat 01/04/20	Catch Up	Wed 01/29/20	187-190
Wed 12/11/19	51-54	Sun 01/05/20	119-122	Thu 01/30/20	190-194
Thu 12/12/19	54-57	Mon 01/06/20	124-126	Fri 01/31/20	
Fri 12/13/19	60-63	Tue 01/07/20	126-129	Sat 02/01/20	Catch Up
Sat 12/14/19	Catch Up	Wed 01/08/20	129-132	Sun 02/02/20	196-199
Sun 12/15/19	63-65	Thu 01/09/20	133-135	Mon 02/03/20	199-202
Mon 12/16/19	66-68	Fri 01/10/20	138-141	Tue 02/04/20	203-206
Tue 12/17/19	69-72	Sat 01/11/20	Catch Up	Wed 02/05/20	208-210
Wed 12/18/19	73-76	Sun 01/12/20	142-144	Thu 02/06/20	211-212
Thu 12/19/19	78-80	Mon 01/13/20	145-147	Fri 02/07/20	213-215



**Kiddush Hashem - Sanctification of G-d's Name Module 1 Learning Schedule (continued)**

Source Book: A Life Worth Living - Stories and Ideas for Constant Kiddush Hashem  
by Rabbi Shraga Freedman

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 (continued)**

Date	Pages	Date	Pages	Date	Pages
Sat 02/08/20	Catch Up	Wed 03/04/20	286-289	Sun 03/29/20	341-345
Sun 02/09/20	218-220	Thu 03/05/20	289-293	Mon 03/30/20	
Mon 02/10/20	221-224	Fri 03/06/20		Catch Up	Tue 03/31/20
Tue 02/11/20	226-228	Sat 03/07/20	296	Wed 04/01/20	
Wed 02/12/20	228-230	Sun 03/08/20	297-300	Thu 04/02/20	350-355
Thu 02/13/20	231-233	Mon 03/09/20	300-304	Fri 04/03/20	
Fri 02/14/20	233-236	Tue 03/10/20		Catch Up	Sat 04/04/20
Sat 02/15/20	Catch Up	Wed 03/11/20	304-308	Sun 04/05/20	
Sun 02/16/20	238-240	Thu 03/12/20		Catch Up	Mon 04/06/20
Mon 02/17/20	240-242	Fri 03/13/20	308-311	Tue 04/07/20	
Tue 02/18/20	242-245	Sat 03/14/20	311-314	Wed 04/08/20	365-369
Wed 02/19/20	245-247	Sun 03/15/20	315-319	Thu 04/09/20	
Thu 02/20/20	250-253	Mon 03/16/20		Catch Up	Fri 04/10/20
Fri 02/21/20	253-256	Tue 03/17/20	322-327	Sat 04/11/20	370-376
Sat 02/22/20	Catch Up	Wed 03/18/20	327-332	Sun 04/12/20	
Sun 02/23/20	257-260	Thu 03/19/20		Catch Up	Mon 04/13/20
Mon 02/24/20	262-266	Fri 03/20/20	332-337	Tue 04/14/20	
Tue 02/25/20		Sat 03/21/20	Catch Up	337-341	Wed 04/15/20
Wed 02/26/20	266-269	Sun 03/22/20	Catch Up	Thu 04/16/20	381-385
Thu 02/27/20	269-273	Mon 03/23/20	332-337	Fri 04/17/20	
Fri 02/28/20		Catch Up	Tue 03/24/20	337-341	Sat 04/18/20
Sat 02/29/20	276-279	Wed 03/25/20	Catch Up	Sun 04/19/20	
Sun 03/01/20	279-282	Thu 03/26/20	391	Mon 04/20/20	391
Mon 03/02/20	283-285	Fri 03/27/20	END OF SCHEDULE, MAZEL TOV!!	Tue 04/21/20	
Tue 03/03/20		Sat 03/28/20			



## ACTT Activity/Action Ideas

**Acknowledgements:**

- 1) Some of the 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](http://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) Some of the ideas for *Improving Anger Management* were adapted from Anger The Inner Teacher @ [www.aish.com/spirituality/growth/Anger\\_The\\_Inner\\_Teacher.asp](http://www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp)
- 6) Some of the ideas for *The Six Constant Mitzvos* were adapted from The Six Constant Mitzvos based on Rabbi Yitzchak Berkowitz's lectures and [www.the-six-constant-mitzvos.com](http://www.the-six-constant-mitzvos.com)

<b>IDEAS FOR AHAVAS CHESED - LOVING KINDNESS</b>		
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	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	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

<b>IDEAS FOR JUDGING FAVORABLY</b>	
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



## ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING KAVANAH DURING DAVENING - CONCENTRATION DURING PRAYERS	
<p>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</p>	<p>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</p>
IDEAS FOR HAKARAS HATOV - GRATITUDE	
<p>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</p>	<p>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 <i>Modeh Ani</i> each morning with great feeling            Reflect on <i>Modim Anachnu Lach</i> in <i>Shmoneh Esrei</i>            Thank Hashem for every breath that you take</p>
IDEAS FOR BITACHON - TRUST IN HASHEM	
<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>



## ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT FOR POSITIVE RESULTS	
<p>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</p>	<p>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?"</p>
IDEAS FOR SHMIRAS HALASHON - GUARDING ONE'S TONGUE	
<p>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</p>	<p>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"</p>
IDEAS FOR EMES – TELLING THE TRUTH	
<p>Be honest while taking exams            Return extra change if salesperson makes a mistake            Do not cut corners on taxes            If one doesn't know the answer, say "I don't know"            Say items that can be fulfilled            Be on time</p>	<p>Be honest with oneself - not hypocritical            Don't promise items to one's children that one can't keep            Do not keep people waiting            Give people credit for items they do            When quoting, mention the proper source for the quote            Admit when one is wrong</p>
IDEAS FOR SIMCHAH - HAPPINESS	
<p>Repeat the mantra and internalize: "The City of Happiness is in the State of Mind"            For ultimate happiness, work on building an amazing relationship with Hashem            Become wealthy by being satisfied with what you have materially and striving to climb higher spiritually            When you wake up in the morning, say Modeh Ani with great feeling and thank Hashem for your being alive, so that you can continue to grow and achieve            Do selfless acts of lovingkindness for others and you will experience boundless joy</p>	<p>Say Modim in Shmoneh Esrei with great feeling and thank Hashem for all the little gifts that He gives you every single moment – focus on each breath and say thanks S.M.I.L.E. throughout the day → See <u>M</u>iracles In <u>L</u>ife <u>E</u>veryday            Always serve Hashem with gladness and goodness of heart, especially when everything is abundant            Look for the good in people and in events during the day – Hashem is total goodness            Happiness is in your hands – make it a great day</p>
<p style="text-align: center;">Focus on what our Sages, of blessed memory, have taught us is the reason for creation: delight in Hashem and benefit from the radiance of His Shechinah (Divine Presence)</p>	



## ACTT Activity/Action Ideas (continued)

IDEAS FOR FULFILLING THE SIX CONSTANT MITZVOS	
<p>Talk about <i>Emunah</i> to reinforce your knowledge of Hashem's existence</p> <p>Love life and identify each circumstance in life as an opportunity for spiritual perfection</p> <p>Identify the yetzer hara (evil inclination) as a messenger from Hashem that challenges you and helps you grow</p> <p>Study nature and Torah as a means of building love for Hashem</p> <p>Consider the spiritual consequences of your actions as seriously as you consider their physical consequences</p> <p>Avoid situations in which your eyes might see something that could lead you to sin</p> <p>Try talking to Hashem on a regular basis aside from the scheduled prayer services-- this will help to make Him a real part of your life and your decision making process</p>	<p>Use prayer as an opportunity to build a relationship with Hashem by asking Him for the things you need to serve Him properly, not just for the things you want</p> <p>Each day when you say Shema take a moment to recognize that any hardship or challenge in your life is really a gift from Hashem to bring you closer to Him</p> <p>Take a moment each day, either during davening, while learning, or before going to sleep and thank Hashem for something good in your life</p> <p>At the end of each day take a moment to make a cheshbon hanefesh (spiritual accounting) of your actions that day - ask yourself if you succeeded in building and maintaining your relationship with Hashem or if you damaged it</p> <p>Try to develop an emotional relationship with at least one daily mitzvah or area of Torah by learning more about the deeper <i>kavanas</i> (intentions)/ <i>hashkafa</i> (religious outlook/perspective) in order to see how it helps to connect you to Hashem</p>
IDEAS FOR EMUNAH - FAITH IN HASHEM	
<p>Recognize Hashem's greatness and constantly hold onto this awareness - Hashem is the source of everything: Ein od Milvado (There is nothing other than Him)</p> <p>Review the events of your day, realize what Hashem did to make them happen, and thank Hashem for making them happen</p> <p>Acknowledge that Hashem gives you everything that you need in your life and be happy with what you do have</p> <p>Fully believe that whatever happens to you in your life is exactly what Hashem wants to happen to you and that it is in your best interest</p> <p>Thank Hashem for everything that happens to you, both good and what appears to be not so good knowing that no one can cause you any harm against Hashem's will</p>	<p>Fully believe that Hashem will keep all of His promises and that at the appointed time He will bring Mashiach Tzidkeinu and will resurrect the dead</p> <p>Realize that Hashem helps you do what you know how to do well, that He helps you do what you may not know how to do well, and that He protects you from whatever is not good for you even though you think it is good or you want it</p> <p>Talk with Hashem throughout the day using your own words</p> <p>Accept the fact that all the events that have occurred since Creation and that will occur are part of Hashem's Master Plan, which is beyond human comprehension</p> <p>Pursue the truth through Torah and consistently perform mitzvot and maasim tovim with a full heart and genuinely happy manner, both inside and out</p>
IDEAS FOR KIDDUSH HASHEM - SANCTIFICATION OF G-D'S NAME	
<p>Speak gently to everyone and at all times</p> <p>Act as a role model of proper behavior to others: at home, in your extended family, with your friends, in the community, at work</p> <p>Say <i>Yehei Shmei Rabbah</i> (May His Great Name be blessed) with great kavanah</p> <p>Say <i>Kedushah</i> in davening with great kavanah and internalize it</p> <p>Commit to live every day for the sake of Kiddush Hashem and make Kiddush Hashem your mission in life</p>	<p>Develop a broad understanding of how the mitzvah of Kiddush Hashem is a theme that runs through all the mitzvot and the Torah in its entirety</p> <p>Throughout the day, focus on striving to create a Kiddush Hashem in all that you do</p> <p>Examine your actions daily and record what has been a Kiddush Hashem</p> <p>Examine your actions daily and record how to increase your Kiddush Hashem</p> <p>Examine your actions daily and record what was or what might have been a Chillul Hashem that needs to be avoided</p>









## ACTT Glossary

<b>Ahavas Chesed</b>	.....loving kindness
<b>B’li Neder</b>	.....without making a formal commitment
<b>Bitachon</b>	.....trust in Hashem
<b>Chesed</b>	.....kindness
<b>Chizuk</b>	.....moral support
<b>Davening</b>	.....praying
<b>Emunah</b>	.....faith
<b>HaKaras HaTov</b>	.....gratitude
<b>Kavanah</b>	.....concentration
<b>Kiddush Hashem</b>	.....sanctification of G-d’s name
<b>Klal Yisrael</b>	.....the Jewish people
<b>Lashon Hara</b>	.....evil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
<b>Maasim Tovim</b>	.....good deeds
<b>Midah, Midos</b>	.....character trait, character traits
<b>Mitzvah</b>	.....a commandment
<b>Mussar</b>	.....ethical teaching
<b>Neshamah</b>	.....soul
<b>Nisayon</b>	.....a test
<b>Ona’as Devarim</b>	.....causing hurt through the spoken word
<b>Parnasa</b>	.....livelihood
<b>Rechilus</b>	.....gossip-mongering - any communication that generates animosity between people
<b>Refuah Shleimah</b>	.....a complete recovery from an illness
<b>Sefer</b>	.....a book
<b>Shidduch</b>	.....a match of two eligible and marriageable Jewish singles
<b>Shiurim</b>	.....classes
<b>Shmiras HaLashon</b>	.....guarding one’s tongue
<b>Siddur</b>	.....prayer book
<b>Siyata D’Shmaya</b>	.....Divine Assistance
<b>Talmid, Talmidim</b>	.....student, students
<b>Tefillah, Tefillos</b>	.....prayer, prayers
<b>Teshuva</b>	.....repentance
<b>Yad Hashem</b>	.....hand of Hashem
<b>Zechus</b>	.....merit