



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

Vilna Gaon - Even Shleima, Chapter 1

## ***Emunah Module Packet 1***

***אני מאמין באמונה שלמה, שהבורא יתברך שמו הוא בורא ומנהיג לכל הברואים,  
והוא לבדו עשה ועושה ויעשה לכל המעשים.***

***I believe with complete faith that the Creator, blessed is His Name,  
creates and guides all creatures,  
and that He alone made, makes, and will make everything.***

Principle #1 of the Rambam's "Thirteen Principles of Faith"

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### **Contact Information**

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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 20140831

# **ACTT *Emunah* Module – Packet 1**

## **Specific Goal Suggested for *Emunah 1* Module**

To develop a closer connection to Hashem by speaking daily, again and again, about *Emunah* in Hashem.

## **General Goal of *Emunah* Module**

To develop and internalize total Faith in Hashem in all aspects of my life.

## **Module Duration**

This module is part 1 of the *Emunah* series and is scheduled for 139 days, including some catch-up days.

## **To Do List**

- If you are not yet a member of the ACTT Organization, please fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at [www.actt613.org](http://www.actt613.org)
- Fill out the “ACTT Generic Commitment Form” for *Emunah 1*, 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 and record your *Emunah* activity/action in your “ACTT Generic Daily Activity Log” for *Emunah 1* – 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*, *Kavanah During Davening*, etc.) in your “ACTT Generic Activity Log” for *Emunah 1* – 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 *Emunah 1* kickoff event
  - 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

## **Emunah Resources**

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

- Living Emunah – Achieving a life of serenity through faith by Rabbi David Ashear; ArtScroll / Mesorah Publishers; ISBN: 1-42261-512-X; (also see: [www.dailyemunah.com](http://www.dailyemunah.com))

- Eternal Emunah - A Torah Perspective of Achieving and Living with Faith by Rabbi David Tzvi Eliach; ArtScroll / Mesorah Publishers; ISBN: 1-57819-381-8
- Nefesh Shimshon: The Principles of Faith - Fundamentals of Jewish Belief in Hashem and Divine Providence by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-503-3
- Nefesh Shimshon: Living with Faith - Bringing Hashem Into Our Daily Lives by Rav Shimshon Dovid Pincus; Feldheim Publishers; ISBN: 1-59826-625-2
- Touched by Their Faith - Enlightening stories that boost your spirit and enhance your emunah by Rabbi Yechiel Spero; ArtScroll / Mesorah Publishers; ISBN: 1-42261-478-6
- Trust Me! - An Anthology of Emunah and Bitachon by Rabbi Eliezer Parkoff; Feldheim Publishers; ISBN: 1-58330-531-9
- The Garden of Emuna - A Practical Guide to Life by Rabbi Shalom Arush; Feldheim Publishers; ISBN: 1-59526-636-4
- Faith & Trust (Emunah Ubitachon) by the Chazon Ish, Translated by Yaakov Goldstein; The Judaica Press; ISBN: 9789657452004
- “Teshuva and Emunah in Troubled Times” (2 CD set) by Rabbi Yissocher Frand; Published by Yad Yechiel Institute ([www.yadyechiel.org](http://www.yadyechiel.org)); available from [www.artscroll.com](http://www.artscroll.com), catalog# FS611D

***Faith in G-d: A Jewish Perspective - It starts with the intellect and slowly enters the heart***

by Orit Esther Riter, author of the Daily Dose of Emuna ([www.dailydoseofemuna.com](http://www.dailydoseofemuna.com))

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from: [www.aish.com/sp/ph/Faith-in-God-A-Jewish-Perspective.html](http://www.aish.com/sp/ph/Faith-in-God-A-Jewish-Perspective.html)

Loosely translated as faith in G-d, emuna is considered the cornerstone of Jewish belief and practice. What does the term emuna mean? How does this affect my life? When are we as Jews required to have or practice this emuna?

Unfortunately, many people assume that emuna refers to blind faith. However, this is not the case. In the Aleinu prayer recited at or near the end of every prayer service, we proclaim: “And you shall know today, and take to heart, that G-d is the only G-d...” We are instructed to ‘know’ that G-d exists. Blind leaps of faith have nothing to do with knowledge; they are expressions of what one wishes to be true, not what is in fact necessarily true.

Emuna begins in the mind as intellectual Emuna, formed after hard rational work and inquiry. Ultimate contemplation of the world and how it could not be created other than by an infinite Being will help us achieve this intellectual faith.

Knowing in our minds that our Creator is there is the first step. However, in time and with repeated practice, emuna can melt into the heart. After we readily acknowledge that G-d is part of our life and never leaves, we can work on developing loyalty to G-d with that knowledge and slowly begin to feel it internally. Rather than pure intellectual belief, emuna should be defined as the act of being faithful or loyal. It is the basic requirement of any healthy relationship and demands constant reinforcement.

With time and dedication we can strive toward living a life permeated by emuna. Emuna is developed throughout a lifetime and needs to be repeatedly contemplated. Loyalty to G-d becomes essential when

life throws us a sharp curve ball which may cause us to lose balance and doubt that things truly are for the best.

Yet at these painful times, it is also more difficult to exercise our emuna muscles. It becomes most challenging when reality presents hardships that conflict with our ability to intellectually understand. The loss of harmony between that which we know in our minds to be true – G-d is taking care of us as part of His nation – yet do not enjoy or cannot see the logic in, is what provides us with our free will.

Through the means of free will, we choose whether to remain loyal to the word of G-d in spite of the pain, or to shun the word of G-d because of its seeming illogicality. Emuna is understanding that we cannot understand the totality of G-d's knowledge, but recognizing and accepting that everything serves a purpose despite this.

Once we know logically that G-d is always with us, and we have started practicing this loyalty regularly, we can now engage in everyday life with trust in Him. This feeling of trust gives us a gift of security knowing that we are in perfect hands as we are being individually directed and handled by G-d Himself. Therefore, we can enjoy the feeling that we are being led through life by means of a personal guide, and that there is meaning and purpose to every event that occurs.

Emuna comes with practice of the mind and action. Utilizing life's encounters as a prospect to seeing G-d in my life increases our awareness of His constant presence. We can use challenges as catalysts to come closer to our Creator since we extract meaning and grow from the experience.

For example, when traveling by bus to Jerusalem we can sit back, relax and enjoy the view. We can be free from worry, knowing that the driver is professional and knows how and where to drive. If we did not trust the driver's skill, or we thought we could drive a bus better than him, we may sit on edge the entire ride, questioning his navigation skills and driving abilities. In contrast, with emuna we can calmly sit on the bus, enjoy the scenery and await our final destination.

Sitting in bumper to bumper car traffic is boot camp for strengthening our emuna muscles. Some thoughts to ponder might include:

- I must be delayed for a good reason;
- Maybe it is slippery ahead and needed to slow down or possibly;
- I need time to recollect my thoughts before continuing to drive.

The bottom line – there is purpose to my slowing down and it is all good for me even if I cannot readily see it.

Having someone cut the line while waiting for a cashier is another opportunity to exercise my emuna muscles. Perhaps this is a chance to refine my personality by allowing the other person to go in front without feeling bitter?

Emuna is looking beyond the limited now and knowing that we may not fully grasp the meaning of what is happening. We think we know what is best for us, but emuna means have faith that only G-d really knows. Nonetheless, we also have faith that one day we too will know.



## **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 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*
- \_\_\_ *Bitachon act(s)*  *daily or*  *weekly*
- \_\_\_ *Anger Management for Positive Results act(s)*  *daily or*  *weekly*
- \_\_\_ *Shmiras HaLashon act(s)*  *daily or*  *weekly*
- \_\_\_ *Emes – Telling the Truth act(s)*  *daily or*  *weekly*
- \_\_\_ *The Six Constant Mitzvos act(s)*  *daily or*  *weekly*
- \_\_\_ *Happiness act(s)*  *daily or*  *weekly*
- \_\_\_ *Forgiveness act(s)*  *daily or*  *weekly*
- \_\_\_ *Zerizus - Acting With Zeal & Alacrity act(s)*  *daily or*  *weekly*
- \_\_\_ *Emunah 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!* ☺



**Emunah – Faith in Hashem Module 1 Learning Schedule**

Source Book: Living Emunah – Achieving A Life of Serenity Through Faith  
by Rabbi David Ashear

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	Chapter	Date	Chapter	Date	Chapter	Date	Chapter
Mon 09/08/14	Intro	Mon 10/13/14	34	Mon 11/17/14	68	Tue 12/23/14	102
Tue 09/09/14	1	Tue 10/14/14	35	Tue 11/18/14	69	Wed 12/24/14	103
Wed 09/10/14	2	Wed 10/15/14	36	Wed 11/19/14	70	Thu 12/25/14	104
Thu 09/11/14	3	Thu 10/16/14	37	Thu 11/20/14	71	Fri 12/26/14	105
Fri 09/12/14	4	Fri 10/17/14	38	Fri 11/21/14	72	Sat 12/27/14	106
Sat 09/13/14	5	Sat 10/18/14	39	Sat 11/22/14	73	Sun 12/28/14	107
Sun 09/14/14	6	Sun 10/19/14	40	Sun 11/23/14	74	Mon 12/29/14	108
Mon 09/15/14	7	Mon 10/20/14	41	Mon 11/24/14	75	Tue 12/30/14	109
Tue 09/16/14	8	Tue 10/21/14	42	Tue 11/25/14	76	Wed 12/31/14	110
Wed 09/17/14	9	Wed 10/22/14	43	Wed 11/26/14	77	Thu 01/01/15	111
Thu 09/18/14	10	Thu 10/23/14	44	Thu 11/27/14	78	Fri 01/02/15	112
Fri 09/19/14	11	Fri 10/24/14	45	Fri 11/28/14	79	Sat 01/03/15	113
Sat 09/20/14	12	Sat 10/25/14	46	Sat 11/29/14	80	Sun 01/04/15	114
Sun 09/21/14	13	Sun 10/26/14	47	Sun 11/30/14	81	Mon 01/05/15	115
Mon 09/22/14	14	Mon 10/27/14	48	Mon 12/01/14	82	Tue 01/06/15	116
Tue 09/23/14	15	Tue 10/28/14	49	Tue 12/02/14	83	Wed 01/07/15	117
Wed 09/24/14	16	Wed 10/29/14	50	Wed 12/03/14	84	Thu 01/08/15	118
Thu 09/25/14	17	Thu 10/30/14	51	Thu 12/04/14	85	Fri 01/09/15	119
Fri 09/26/14	18	Fri 10/31/14	52	Fri 12/05/14	86	Sat 01/10/15	120
Sat 09/27/14	19	Sat 11/01/14	53	Sat 12/06/14	87	Sun 01/11/15	Catch Up
Sun 09/28/14	20	Sun 11/02/14	54	Sun 12/07/14	88	Mon 01/12/15	121
Mon 09/29/14	21	Mon 11/03/14	55	Mon 12/08/14	89	Tue 01/13/15	122
Tue 09/30/14	22	Tue 11/04/14	56	Tue 12/09/14	90	Wed 01/14/15	123
Wed 10/01/14	23	Wed 11/05/14	57	Wed 12/10/14	Catch Up	Thu 01/15/15	124
Thu 10/02/14	24	Thu 11/06/14	58	Thu 12/11/14	91	Fri 01/16/15	125
Fri 10/03/14	25	Fri 11/07/14	59	Fri 12/12/14	92	Sat 01/17/15	126
Sat 10/04/14	26	Sat 11/08/14	60	Sat 12/13/14	93	Sun 01/18/15	127
Sun 10/05/14	27	Sun 11/09/14	Catch Up	Sun 12/14/14	94	Mon 01/19/15	128
Mon 10/06/14	28	Mon 11/10/14	61	Mon 12/15/14	95	Tue 01/20/15	129
Tue 10/07/14	29	Tue 11/11/14	62	Tue 12/16/14	96	Wed 01/21/15	130
Wed 10/08/14	30	Wed 11/12/14	63	Wed 12/17/14	97	Thu 01/22/15	131
Thu 10/09/14	Catch Up	Thu 11/13/14	64	Thu 12/18/14	98	Fri 01/23/15	132
Fri 10/10/14	31	Fri 11/14/14	65	Fri 12/19/14	99	Sat 01/24/15	133
Sat 10/11/14	32	Sat 11/15/14	66	Sat 12/20/14	100	Sun 1/25/15	134
Sun 10/12/14	33	Sun 11/16/14	67	Sun 12/21/14	101		





## 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.thesixconstantmitzvos.com](http://www.thesixconstantmitzvos.com)

IDEAS FOR ACTS OF CHESED		
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

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



## ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING KAVANAH DURING DAVENING	
<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 HA TOV	
<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	
<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)

<b>IDEAS FOR IMPROVING ANGER MANAGEMENT</b>	
<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>
<b>IDEAS FOR SHMIRAS HALASHON</b>	
<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>
<b>IDEAS FOR EMES – TELLING THE TRUTH</b>	
<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 ones 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>



## 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	
<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>



## ACTT Generic Daily Activity/Action Log for Module: \_\_\_\_\_

Abbreviations: 1) **AC**: Ahavas Chesed; 2) **JF**: Judging Favorably; 3) **KDD**:Kavanah During Davening; 4) **HT**: Hakaras HaTov; 5) **B**: Bitachon; 6) **AM**: = Anger Management; 7) **SL**: Shmiras HaLashon; 8) **ES**: Emes; 9) **6CM**: 6 Constant Mitzvos; 10) **H**: Happiness; 11) **F**: Forgiveness; 12) **Z**: Zerizus; 13) **EH**: Emunah

<b>Date</b>			<b>Notes (description of activity/action, comments, etc.)</b>
<b>EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions</b>			
Day	m/d/10	√	AC: When asked to do something, respond right away in a cheerful and willing manner
		√	JF: Remember the excuses one makes for oneself - apply these excuses to the one who wronged you
		√	B: 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



**ACTT Generic Daily Activity/Action Log (continued) for Module:**

Date		√	Notes (description of activity/action, comments, etc.)



**ACTT Generic Daily Activity/Action Log (continued) for Module:**

Date	√	Notes (description of activity/action, comments, etc.)



**ACTT Generic Daily Activity/Action Log (continued) for Module:**

Date	√	Notes (description of activity/action, comments, etc.)



## 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>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