



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

Vilna Gaon - *Even Shleima*, Chapter 1

Hashgachah Pratis – Divine Providence Module Packet 1

**ואמר ר' חנינא: אין אדם נוקף אצבעו מלמטה אלא אם כן מכריזין עליו מלמעלה (חולין דף ז, עמוד ב),
שנאמר (תהלים לז, כג) מה' מצעדי גבר.**

***And Rabbi Chanina says: One does not stub his finger, unless this was decreed Above
(Talmud Tractate Chulin 7b),
as it is stated (Psalms 37:23): the steps of man are prepared by Hashem.***

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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 20240428

ACTT Hashgachah Pratis – Divine Providence Module – Packet 1

Specific Goal Suggested for *Hashgachah Pratis – Divine Providence Module 1*

To record one event each day, where one sees and feels Hashem's "hand".

General Goal of *Hashgachah Pratis – Divine Providence Module*

To develop and internalize the clear awareness of Hashem's active involvement in the events of one's life, as well as in local and remote events.

Module Duration

This is the first module on *Hashgachah Pratis – Divine Providence* and is scheduled for 104 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 ACTT and want to join, please fill out and submit a membership application either online or in the ACTT Welcome Kit on www.actt613.org/join
- Complete the "ACTT Generic Commitment Form" for *Hashgachah Pratis – Divine Providence*, keep a copy for yourself and, optionally, email a copy to info@actt613.org – see www.actt613.org/topics
- On a daily basis:
 - Follow the Learning Schedule (you can change the dates if you start the module later) and record your *Bitachon* activity/action in your "ACTT Generic Daily Activity Log" for *Bitachon 4* – the *ACTT Activity and Action Ideas* has some suggestions – see www.actt613.org/topics 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 *Hashgachah Pratis – Divine Providence 1* – the *ACTT Activity and Action Ideas* has some suggestions – see www.actt613.org/topics for the activity log and activity/action ideas
- Participate in the chizuk activities, as desired:
 - *Hashgachah Pratis – Divine Providence* audio shiurim on [Topics H,J | ACTT613](#)
 - 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

Hashgachah Pratis – Divine Providence Resources

The following are some resources for learning about *Hashgachah Pratis – Divine Providence*:

- [Living With Hashgachah Pratis - Feeling the Divine Touch at Every Moment](#) by Rabbi Heshy Kleinman; ArtScroll Mesorah Publications; ISBN: 1422639738
- [Hashgachah Pratis: An Exploration of Divine Providence and Free Will](#) by Rabbi Aryeh Leibowitz; CreateSpace Independent Publishing Platform; ISBN: 1477660720
- [Ein Od Milvado: Divine Providence](#) by Ephraim Pinczower; Feldheim Publishers; ISBN: 168025118X
- [Open Your Eyes - Seeing Hashem Everywhere](#) by Rabbi Dov Keilson; ArtScroll Mesorah Publications; ISBN: 1422627489
- [Unlocking the Secrets of Hashgachah Pratis](#) by Rabbi Asher Sher; Judaica Press; ISBN: 160763385X

The Secret of Forgiveness

by Rabbi Yehoshua Berman

Reflections - Vayigash (Genesis 44:18-47:27)

Reproduced with Aish HaTorah's permission from: <https://aish.com/the-secret-of-forgiveness/>:

In this week's parsha, we read of the dramatic moment when Yosef reveals his identity to his brothers. This moment is the climactic end of a twenty-two-year period that began when Yosef's brothers sold him into slavery. It is at this very moment that we discover a truly remarkable aspect of Yosef's character.

The verse states, "And Yosef was unable to bear for all those standing by him and he called [out] 'take out every man from before me' and no man stood with him when Yosef made himself known to his brothers ([Gen. 45:1](#))."

What exactly was it that "Yosef was unable to bear"? Rashi elucidates: "He was unable to bear that the Egyptians would be standing there before him and listening when his brothers would be shamed when he would make himself known to them."

This is truly amazing! The enormous, pent-up emotions that Yosef must have had building up inside of him over the past twenty two years would be more than sufficient to cause even the most lucid mind to become lost in a tempest of confusing thoughts at such a moment. Simply being separated from one's family for more than two decades - without any communication whatsoever, and without having any idea if he would ever see them again - would be quite emotionally taxing and would not leave much room for clear, considerate thought at the time of reunion.

Yosef, however, was standing before the very brothers that deliberately caused him his untold suffering. They tossed him - totally stripped of his clothing - into a pit full of snakes and scorpions, and sold him into slavery. They thereby brought upon him the tremendous anguish of being a lonely slave far away from his father and home that were so dear to him. Furthermore, it was a result thereof that he had to bear the ongoing test and temptation of his master's wife. That in turn led to him being thrown into jail under

humiliating circumstances, etc. etc. All this was directly caused by the brothers - through their deliberate actions - who were now standing before him!

We would surely have empathized with Yosef had he acted somewhat insensitively toward his brothers at this difficult moment. He certainly had sufficient reason to overlook a form of consideration that many would have likely disregarded even with nothing bothering them at all.

But not Yosef! Yosef was inscribed for eternity as a paramount example of the extent to which one must care for and be sensitive to one's fellow Jew. One of the greatest ways that this sensitivity is manifest, as was so with Yosef's sensitivity to his brothers, is by how much effort one puts forth to minimize the embarrassment of another.

We must ask ourselves, though, how indeed was Yosef able to muster such tremendous inner strength to overcome and overlook any feelings of ill will toward his brothers, to the extent that he showed them such delicate care and sensitivity?

In truth, Yosef himself answers this question: "And Yosef said to his brothers...And now do not be saddened...that you sold me [to] here because for [a source of] livelihood did the Almighty send me before you...And now [it is] not you that sent me here rather the Almighty... ([Gen. 45:4-8](#))."

Yosef perceived his long chain of difficult and tempestuous life experiences as an ongoing act of *hashgacha pratis*, Divine providence. Yosef understood that irrespective of the power of another human being to affect others, Hashem is always in control; always watching and guiding the course of history. He understood that whatever role the impact of his brothers' free will may have played in respect to his life experience,(1) it would always remain minimal and inconsequential, because, ultimately, what happens to us is always from On High.(2)

The result of this worldview is that Yosef did not retain any trace of anger or ill will toward his brothers. He loved them just as much as before they had wronged him, and he expressed this when he displayed the utmost of care and sensitivity towards them.

By trying to emulate - on whatever level we can - Yosef's conviction and trust in Hashem, we can empower ourselves with the ability to overlook and completely forgive any pain that we may have suffered at the hands of others.

NOTES

1. See the first Biur Halacha in siman 218.
2. See Seifer Ha'Chinuch Mitzva 241.

Parshas Bo Dvar Torah

based on *Growth Through Torah* by Rabbi Zelig Pliskin

Reproduced with Aish HaTorah's permission from: <https://aish.com/48931077/>:

In this week's portion the Almighty gives the first commandment to the Jewish people as a whole - to decree the beginning of the Jewish month. This is important for setting the date of each Jewish holiday. It is so important that when the Greek Seleucids were persecuting us at the time of the Hanukah story, they forbade the Jewish court to decree the beginning of the new month. The Torah states:

"This month shall be for you the first of the months (referring to the month of Nisnon when Pesach occurs. The new year of the reign of king starts with the month of Nisnon. The new year for the creation of mankind starts with the month of Tishrei)." ([Exodus 12:2](#))

What lesson for life can we learn from this verse?

Rabbi Moshe Feinstein commented that the month of Tishrei is the month of the creation of the world. The month of Nisnon is the month of the exodus from Egypt. Both months are lessons in our awareness of the Almighty's power.

The first lesson is that the Almighty is the Creator of the universe.

The second lesson is that of hashgacha pratis, Divine Providence. The Almighty controls the events of the world and therefore He is the One Who enslaved the Children of Israel and He is the One Who freed them. The Torah is telling us in this verse that the lesson of the Almighty's guiding historical events is even more important than the lesson of the creation of the world.

One can believe that the Almighty created the world and this might not make any difference in a person's behavior and attitudes. However, once a person is aware of the supervision of the Almighty in daily events, he will improve his behavior. Moreover, his trust in the Almighty will free him from worry. The month of Nisnon is the first month of the year and by remembering this we remember all that is symbolized by the Exodus. This will have a major effect on what we do and think.

The Seed of an Idea

by Rabbi David Sutton

The following is reproduced with the permission of ArtScroll/Mesorah, from pages 87-88, Day 23, of [A Daily Dose of Bitachon](#) by Rabbi David Sutton

In the stories we've related so far, we see Hashem sending miraculous something-from-nothing occurrences through natural channels. One of those channels may be an idea that sprouts in our mind. When Hashem wants to give us His help or His bounty, He sometimes plants the idea that will lead us to unexpected success.

To illustrate, the *Chovos HaLevavos*¹ gives another example from the life of Eliyahu HaNavi. During the period when he was hiding from Achav, Hashem directed him to go to a widow who would take care of him.

In the verse in *I Melachim* (17:9), Hashem tells Eliyahu, "I will command a woman to take care of you," and she does.

The commentaries ask: What does it mean that Hashem *commanded* her? She wasn't a prophet. Hashem never communicated directly with her; He never told her to feed Eliyahu. The answer is that Hashem orchestrates our actions and our ideas, and even though He didn't verbally tell her to feed Eliyahu, He "commanded" her, nonetheless.

Hashem doesn't confine this type of interaction to the people and episodes of our ancient history. He interacts with us every day of our lives in precisely this manner. The following personal experience illustrates how it happens – under the radar for those who are not alert to it, but clear to those who pay attention.

Ten years ago, my father and I went on a two-day trip to visit his older sister in Milan, Italy. Our visit ended on a Thursday, and since we were so close to Eretz Yisrael, we went there for Shabbos. On Motza'ei Shabbos, we decided to go to Bnei Brak and visit the Gadol Hador, Rav Michel Yehuda Lefkowitz, for berachos. My father was introduced to the Rabbi as a dermatologist.

The gabbai then told my father that the Rabbi had been suffering from a rash on his face for the past few days. When my father examined him, he observed that his beard was preventing the cortisone cream he had been using from penetrating the skin. Liquid cortisone would work, but it wasn't available in Israel.

When we got home the next day, my father prepared the medication for the Rabbi and my mother found someone who was heading to Israel to bring it to him. Within twenty-four hours, the Rabbi received it and was very grateful for my father's help.

We thought that we had come up with all the ideas and made all the decisions in this episode; it was our idea to visit my aunt, to spend Shabbos in Israel, and to visit the Rabbi. In reality, the Chovos HaLevavos tells us, we were seeing it all wrong. Hashem was directing our actions, sending us all the way to Israel to help the Rabbi receive the medicine he needed.

The *Chovos HaLevavos* says that we must realize it is G-d Who told the widow to care for Eliyahu and it is G-d Who is guiding our actions as well. We think we come up with our ideas ourselves, but Hashem is sending us these sparks of inspiration. He plants the seed and we decide whether to follow through or ignore the thought that "just happened" to pop into our mind.

NOTE:

¹ The sefer, book, *Chovos HaLevavos* (Duties of the Heart) was divided into sections, called Gates. [A Daily Dose of Bitachon](#) was based upon Shaar HaBitachon (the Gate of Trust in Hashem).



ACTT Module Packet Appendix

- **ACTT “Hashgachah Pratis Awareness Journal” for this module**
- **ACTT Learning Schedule**
- **ACTT Generic Commitment Form**
- **ACTT Activity and Action Ideas**
- **ACTT Generic Daily Activity/Action Log**
- **ACTT Glossary**



www.actt613.org

ACTT "Hashgacha Pratis-Divine Providence" Awareness Journal

Feeling the Divine Touch at Every Moment

Download spreadsheet from: www.actt613.org/topics-h-j

Date	Something that happened today to me or others where I clearly see and feel Hashem's direct supervision
5/6/2024	
5/7/2024	
5/8/2024	
5/9/2024	
5/10/2024	
5/11/2024	
5/12/2024	
5/13/2024	
5/14/2024	
5/15/2024	
5/16/2024	
5/17/2024	
5/18/2024	
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5/21/2024	
5/22/2024	
5/23/2024	
5/24/2024	
5/25/2024	
5/26/2024	
5/27/2024	
5/28/2024	
5/29/2024	
5/30/2024	
5/31/2024	
6/1/2024	

Date	Something that happened today to me or others where I clearly see and feel Hashem's direct supervision
6/2/2024	
6/3/2024	
6/4/2024	
6/5/2024	
6/6/2024	
6/7/2024	
6/8/2024	
6/9/2024	
6/10/2024	
6/11/2024	
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6/27/2024	
6/28/2024	
6/29/2024	
6/30/2024	
7/1/2024	
7/2/2024	
7/3/2024	
7/4/2024	
7/5/2024	
7/6/2024	
7/7/2024	

Date	Something that happened today to me or others where I clearly see and feel Hashem's direct supervision
7/8/2024	
7/9/2024	
7/10/2024	
7/11/2024	
7/12/2024	
7/13/2024	
7/14/2024	
7/15/2024	
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8/1/2024	
8/2/2024	
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8/4/2024	
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8/6/2024	
8/7/2024	
8/8/2024	
8/9/2024	
8/10/2024	
8/11/2024	
8/12/2024	

Date	Something that happened today to me or others where I clearly see and feel Hashem's direct supervision
8/13/2024	Tisha B'Av (no learning scheduled)
8/14/2024	
8/15/2024	
8/16/2024	
8/17/2024	
8/18/2024	
Mazel Tov!	



Hashgachah Pratis – Divine Providence Module 1 Learning Schedule

Source Book: Living With Hashgachah Pratis - Feeling the Divine Touch at Every Moment
by Rabbi Heshy Kleinman

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	Day	Date	Day	Date	Day
Mon	05/06/24	Intro	Mon	06/10/24	30
Tue	05/07/24	1	Tue	06/11/24	31
Wed	05/08/24	2	Wed	06/12/24	32
Thu	05/09/24	3	Thu	06/13/24	33
Fri	05/10/24	4	Fri	06/14/24	34
Sat	05/11/24	5	Sat	06/15/24	35
Sun	05/12/24	Catch Up	Sun	06/16/24	Catch Up
Mon	05/13/24	6	Mon	06/17/24	36
Tue	05/14/24	7	Tue	06/18/24	37
Wed	05/15/24	8	Wed	06/19/24	38
Thu	05/16/24	9	Thu	06/20/24	39
Fri	05/17/24	10	Fri	06/21/24	40
Sat	05/18/24	11	Sat	06/22/24	41
Sun	05/19/24	Catch Up	Sun	06/23/24	Catch Up
Mon	05/20/24	12	Mon	06/24/24	42
Tue	05/21/24	13	Tue	06/25/24	43
Wed	05/22/24	14	Wed	06/26/24	44
Thu	05/23/24	15	Thu	06/27/24	45
Fri	05/24/24	16	Fri	06/28/24	46
Sat	05/25/24	17	Sat	06/29/24	47
Sun	05/26/24	Catch Up	Sun	06/30/24	Catch Up
Mon	05/27/24	18	Mon	07/01/24	48
Tue	05/28/24	19	Tue	07/02/24	49
Wed	05/29/24	20	Wed	07/03/24	50
Thu	05/30/24	21	Thu	07/04/24	51
Fri	05/31/24	22	Fri	07/05/24	52
Sat	06/01/24	23	Sat	07/06/24	53
Sun	06/02/24	Catch Up	Sun	07/07/24	Catch Up
Mon	06/03/24	24	Mon	07/08/24	54
Tue	06/04/24	25	Tue	07/09/24	55
Wed	06/05/24	26	Wed	07/10/24	56
Thu	06/06/24	27	Thu	07/11/24	57
Fri	06/07/24	28	Fri	07/12/24	58
Sat	06/08/24	29	Sat	07/13/24	59
Sun	06/09/24	Catch Up	Sun	07/14/24	Catch Up
END OF SCHEDULE, MAZEL TOV!!					

NOTE: There is no learning scheduled on Tisha B'Av, Tuesday 8/13/2024



ACTT Generic Commitment Form For Any Module

Remember, it is better to commit to less – you can always do more!

Please PRINT all information

This commitment does not constitute a vow; I am doing the following, bli neder

From ___/___/___ To ___/___/___

In memory of _____

As a zechus for:

a refuah shelaimah for _____

a shidduch for _____

parnassa for _____

other _____

- _____ *act(s) daily in a ☺ mood*

act(s) Name of current module

(ACTT recommends 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)

- *Performing one or more of the following maintenance activities in a ☺ mood*

(ACTT recommends a total of 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)

- ___ *Ahavas Chesed – Loving Kindness act(s)* *daily or* *weekly*
- ___ *Judging Favorably act(s)* *daily or* *weekly*
- ___ *Kavanah During Davening – Concentration During Prayers act(s)* *daily or* *weekly*
- ___ *HaKaras HaTov – Gratitude act(s)* *daily or* *weekly*
- ___ *Bitachon – Trust in Hashem act(s)* *daily or* *weekly*
- ___ *Anger Management for Positive Results act(s)* *daily or* *weekly*
- ___ *Shmiras HaLashon – Guarding One’s Tongue act(s)* *daily or* *weekly*
- ___ *Emes – Telling the Truth act(s)* *daily or* *weekly*
- ___ *The Six Constant Mitzvos act(s)* *daily or* *weekly*
- ___ *Simchah – Happiness act(s)* *daily or* *weekly*
- ___ *Slichah – Forgiveness act(s)* *daily or* *weekly*
- ___ *Zerizus – Acting With Zeal & Alacrity act(s)* *daily or* *weekly*
- ___ *Emunah – Faith in Hashem act(s)* *daily or* *weekly*
- ___ *Kiddush Hashem – Sanctification of G-d’s Name act(s)* *daily or* *weekly*
- ___ *Hashgachah Pratis – Divine Providence awareness* *daily or* *weekly*

- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):

Name of current module’s source book (see current module’s Learning Schedule)

Commitment Signature

Signed: _____ Date _____

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



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
- 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
- 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

IDEAS FOR AHAVAS CHESED - LOVING KINDNESS		
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 - 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 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*; 14) **KH**: *Kiddush Hashem*; 15) **HP**: *Hashgachah Pratis*

Date			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/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 Glossary

Ahavas Chesedloving kindness
B’li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Eemunahfaith
HaKaras HaTovgratitude
Hashgachah PratisDivine Providence
Kavanahconcentration
Kiddush Hashemsanctification of G-d’s name
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Maasim Tovimgood deeds
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
Yad Hashemhand of Hashem
Zechusmerit