



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

Vilna Gaon - Even Shleima, Chapter 1

***Kavanah During Davening Module
Packet 4***

... וטהר לבנו לעבדך באמת.

... and purify our hearts to serve You in truth.

Shabbos and Yom Tov Shemoneh Esrei

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Contact Information

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Edison, NJ 08817

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 20090813

ACTT Kavanah During Davening Module – Packet 4

Specific Goal Suggested for *Kavanah During Davening 4* Module

To ignite the power of one's tefillah by selecting a new tefillah of one's choice each week and focusing on the meaning of that tefillah as it relates to one's personal life.

General Goal of *Kavanah During Davening* Module

To deepen one's understanding of the importance of Tefillah in general and to enrich one's davening experience.

Module Duration

This module is part 4 of the *Kavanah During Davening* series and will last for 118 days.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at www.actt613.org
- Fill out the “ACTT *Kavanah During Davening 4* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet's Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Kavanah During Davening* activity/action in your “ACTT *Kavanah During Davening 4* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed, Judging Favorably, Hakaras HaTov, Bitachon, Anger Management for Positive Results, and Shmiras HaLashon* modules) in your “ACTT *Kavanah During Davening 4* Activity Log” in this Module Packet's Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Kavanah During Davening 4* kickoff event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Kavanah During Davening Resources

The following are some resources for learning about *Kavanah During Davening*:

- [Praying With Fire 2 - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day](#) by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422608557
- [Praying With Fire - Igniting the Power of Your Tefillah - A 5-Minute Lesson-A-Day](#) by Rabbi Heshy Kleinman; Artscroll/Mesorah; ISBN: 1422600157
- [Twerski on Prayer](#) by Rabbi Abraham J. Twerski; Shaar Press; ISBN: 1578196728
- [Inner Peace: Achieving Self-Esteem through Prayer](#) by Rabbi Yisroel Roll; Targum Press; ISBN: 1568711891
- [Pathway to Prayer, A Translation and Explanation of the Shemoneh Esray](#) by Rabbi Mayer Birnbaum; distributed by Feldheim Publishers; ISBN: 1583301097
- [Rav Schwab on Prayer - The Great Rav's Teachings on the Siddur](#) by Rabbi Shimon Schwab; Artscroll/Mesorah; ISBN: 1578195128
- [The Art of Jewish Prayer](#) by Rabbi Yitzchok Kirzner with Lisa Aiken; Judaica Press; ISBN: 188058283X
- [Touched By A Prayer](#) by Rabbi Yechiel Spero; Artscroll/Mesorah; ISBN: 1422605434
- "Change the Way you Daven" tape series, released by the Project Awareness organization; P.O. Box 753, Monsey, NY 10952; (845) 362-8000 x106, fax: (845) 362-8008
- [נתיב בינה מעת הרב יששכר יעקבסון: הוצאת ספרים "סיני" תל-אביב](#)

Prayer #3 - Praying With Purity

by Rabbi Pinchas Winston

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from: <http://www.aish.com/sp/pr/48943141.html>

Purity has the power to transform prayer into a focused, uplifting experience. Here are a few simple tools.

The concept of purity is not only for the devoutly righteous and Ivory soap. Understanding what purity means will help enhance your praying ability and experience.

When it comes to prayer, purity means a few things. First and foremost it means complete concentration on the prayer, and, more importantly, to WHOM the prayer is addressed. The heart is capable of feeling more than one thing, but not all at the same time. A divided heart means divided concentration, and it is the quality of concentration that dictates how much we are "there" for what we are doing.

Memory seems to work this way. If what we are experiencing is exciting and stimulating, it will draw us in, make it easy for us to focus on what we are doing, and, unify us with the experience. The more our heart and mind are involved in what we are presently doing, the more what we are doing will leave an impression on us and the better we will remember it.

In fact, the heart and mind are so powerful that they can create a world in our mind that ignores the existing state of reality that encompasses us, even stimulating emotions and feelings. For example, someone sitting in a dentist's chair can intellectually and emotionally transport himself to more pleasant surroundings simply by concentrating on a more pleasant experience.

This, of course, is what meditation is all about. Quality of life depends very much upon one's mind control, because, it allows one to remain focused on the moments of life that seem to be so fleeting. Quality of prayer depends upon this too, because, it allows one to be "there" while praying, both in mind and spirit.

TOOLS TO HELP CONCENTRATION

1. Verbally declare to yourself, "I WANT to pray now. Other issues are important to me, but, it is COUNTERPRODUCTIVE to consider them now while in a state of prayer." Saying this allows you to become clear about your goal and priority of praying, and makes it easier to push interfering thoughts away when they intrude.
2. If some idea pops up during an inopportune moment, don't panic or get upset. Nothing ruins your concentration more than negative emotions. Instead, calmly saying to yourself (in your mind), "Not now. They'll be time to think about this later. Right now, I want to pray and only pray." The idea usually passes.
3. While saying a word, or phrase, stop to ask yourself in your mind, "What does this mean? Why is this important to me ... to the Jewish people ... to the world?"
4. In your personal *Siddur*, write one to two words that will focus you when you arrive at each individual prayer.

The second aspect of purity when it comes to prayer is self-perception. I remember when I was learning to pray, how difficult it was to see myself as someone who prays to God. Prayer seemed to be such a righteous and pure experience (after all, you ARE talking to God!), and I did not feel my life reflected that privilege enough. It was like wearing someone else's "clothing".

Wanting to pray and working on improving my ability to pray has resulted for me in spiritual growth and character refinement. As I became more observant, my perception of myself as a person who prays became enhanced, and less foreign, making prayer time far more "natural."

Something else I did once also helped the situation.

While traveling, I was forced to have to pray on my own, and without a *minyan*. In a strange environment, I was having difficulty concentrating on the words. I felt little desire to pray, and lots of desire to speed up and be done with it already.

However, a little voice inside said, "It's bad enough you have to pray on your own and away from synagogue, and now you want to dismiss God so fast?"

But, what could I do?

I don't know why I did this, but I began to become very animated during each blessing, using my hands and making gestures that indicated sincerity. For example, when asking for things, I put my hands

together and acted out the part of a sincere beggar (without moving my feet, that is). When praying on behalf of the Jewish people, I spread my hands out to heaven like a person reaching up for Divine help.

Different blessings meant different postures, and each prompted its own emotional response. In the end, not only did I not rush through my prayer, but, I had felt totally "there," exhilarated, and in touch with God and Jewish destiny. Even today, when I can't do such gesturing (for fear of scaring everybody else in the synagogue), I still imagine doing it, and it greatly affects my self-perception as one who prays, and helps me to feel more sincere about the goals of prayer and the Jewish people.

ACTT Module Packet Appendix



ACTT Commitment Form – Kavanah During Davening 4 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 _____

- ___ *Kavanah During Davening act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
 - ___ *Ahavas Chesed act(s)* *daily* or *weekly*
 - ___ *Judging Favorably act(s)* *daily* or *weekly*
 - ___ *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 for Positive Results act(s)* *daily* or *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Kavanah During Davening 4* Learning Schedule Book (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

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

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



ACTT Activity/Action Ideas

Acknowledgements:

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

IDEAS FOR 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>
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IDEAS FOR ACTS OF CHESED

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

IDEAS FOR JUDGING FAVORABLY

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

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

IDEAS FOR HAKARAS HA'TOV

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

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

IDEAS FOR BITACHON

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

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



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT	
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<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>
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IDEAS FOR SHMIRAS HALASHON	
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<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>
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ACTT Daily Activity Log – *Kavanah During Davening 4 Module*

Abbreviations: 1) PWF2 = Praying With Fire 2 by Rabbi Heshy Kleinman; 2) KDD = *Kavanah During Davening*; 3) AC = *Ahavas Chesed*; 4) JF = *Judging Favorably*; 5) HT = *Hakaras HaTov*; 6) B = *Bitachon*; 7) AM = *Anger Management*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	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/08	√	PWF2	x	√
					√ KDD: Meditated for 5 minutes before davening; and/or AC: Helped someone find a job; and/or JF: Did not
					√ jump to conclusions; and/or HT: thanked a friend for their thoughtfulness; and/or B: Trusted that whatever Hashem
					√ does is for my good; and/or AM: Took a brisk walk to release anger; and/or SL: Paused to think before speaking
Note: Below is the suggested reading from the <i>Kavanah During Davening</i> module’s new source book, <u>Praying With Fire 2</u>					
Mon	08/31/09		PWF2	1	
Tue	09/01/09		PWF2	2	
Wed	09/02/09		PWF2	3	
Thu	09/03/09		PWF2	4	
Fri	09/04/09		PWF2	5	
Sat	09/05/09		PWF2	6	
Sun	09/06/09		PWF2	7	
Mon	09/07/09		PWF2	8	



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Tue	09/08/09	PWF2	9		
Wed	09/09/09	PWF2	10		
Thu	09/10/09	PWF2	11		
Fri	09/11/09	PWF2	12		
Sat	09/12/09	PWF2	13		
Sun	09/13/09	PWF2	14		
Mon	09/14/09	PWF2	15		
Tue	09/15/09	PWF2	16		
Wed	09/16/09	PWF2	17		
Thu	09/17/09	PWF2	18		
Fri	09/18/09	PWF2	19		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (✓)		Activity/Action	
Date	✓	Book	Day	✓	Notes (description of activity/action, comments, etc.)
Sat	09/19/09	PWF2	20		
Sun	09/20/09	PWF2	21		
Mon	09/21/09	PWF2	22		
Tue	09/22/09	PWF2	23		
Wed	09/23/09	PWF2	24		
Thu	09/24/09	PWF2	25		
Fri	09/25/09	PWF2	26		
Sat	09/26/09	PWF2	27		
Sun	09/27/09	PWF2	28		
Mon	09/28/09	PWF2	29		
Tue	09/29/09	PWF2	30		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date		√ Book	Day	√	Notes (description of activity/action, comments, etc.)
Wed	09/30/09	PWF2	31		
Thu	10/01/09	PWF2	32		
Fri	10/02/09	PWF2	33		
Sat	10/03/09	PWF2	34		
Sun	10/04/09	PWF2	35		
Mon	10/05/09	PWF2	36		
Tue	10/06/09	PWF2	37		
Wed	10/07/09	PWF2	38		
Thu	10/08/09	PWF2	39		
Fri	10/09/09	PWF2	40		
Sat	10/10/09	PWF2	41		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sun	10/11/09	PWF2	42		
Mon	10/12/09	PWF2	43		
Tue	10/13/09	PWF2	44		
Wed	10/14/09	PWF2	45		
Thu	10/15/09	PWF2	46		
Fri	10/16/09	PWF2	47		
Sat	10/17/09	PWF2	48		
Sun	10/18/09	PWF2	49		
Mon	10/19/09	PWF2	50		
Tue	10/20/09	PWF2	51		
Wed	10/21/09	PWF2	52		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Thu	10/22/09	PWF2	53		
Fri	10/23/09	PWF2	54		
Sat	10/24/09	PWF2	55		
Sun	10/25/09	PWF2	56		
Mon	10/26/09	PWF2	57		
Tue	10/27/09	PWF2	58		
Wed	10/28/09	PWF2	59		
Thu	10/29/09	PWF2	60		
Fri	10/30/09	PWF2	61		
Sat	10/31/09	PWF2	62		
Sun	11/01/09	PWF2	63		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (✓)		Activity/Action	
Date	✓	Book	Day	✓	Notes (description of activity/action, comments, etc.)
Mon	11/02/09	PWF2	64		
Tue	11/03/09	PWF2	65		
Wed	11/04/09	PWF2	66		
Thu	11/05/09	PWF2	67		
Fri	11/06/09	PWF2	68		
Sat	11/07/09	PWF2	69		
Sun	11/08/09	PWF2	70		
Mon	11/09/09	PWF2	71		
Tue	11/10/09	PWF2	72		
Wed	11/11/09	PWF2	73		
Thu	11/12/09	PWF2	74		



ACTT Daily Activity Log (continued) – Kavanah During Davening 4 Module

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Fri	11/13/09	PWF2	75		
Sat	11/14/09	PWF2	76		
Sun	11/15/09	PWF2	77		
Mon	11/16/09	PWF2	78		
Tue	11/17/09	PWF2	79		
Wed	11/18/09	PWF2	80		
Thu	11/19/09	PWF2	81		
Fri	11/20/09	PWF2	82		
Sat	11/21/09	PWF2	83		
Sun	11/22/09	PWF2	84		
Mon	11/23/09	PWF2	85		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Tue	11/24/09	PWF2	86		
Wed	11/25/09	PWF2	87		
Thu	11/26/09	PWF2	88		
Fri	11/27/09	PWF2	89		
Sat	11/28/09	PWF2	90		
Sun	11/29/09	PWF2	91		
Mon	11/30/09	PWF2	92		
Tue	12/01/09	PWF2	93		
Wed	12/02/09	PWF2	94		
Thu	12/03/09	PWF2	95		
Fri	12/04/09	PWF2	96		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sat	12/05/09	PWF2	97		
Sun	12/06/09	PWF2	98		
Mon	12/07/09	PWF2	99		
Tue	12/08/09	PWF2	100		
Wed	12/09/09	PWF2	101		
Thu	12/10/09	PWF2	102		
Fri	12/11/09	PWF2	103		
Sat	12/12/09	PWF2	104		
Sun	12/13/09	PWF2	105		
Mon	12/14/09	PWF2	106		
Tue	12/15/09	PWF2	107		



ACTT Daily Activity Log (continued) – *Kavanah During Davening 4 Module*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Wed	12/16/09	PWF2	108		
Thu	12/17/09	PWF2	109		
Fri	12/18/09	PWF2	110		
Sat	12/19/09	PWF2	111		
Sun	12/20/09	PWF2	112		
Mon	12/21/09	PWF2	113		
Tue	12/22/09	PWF2	114		
Wed	12/23/09	PWF2	115		
Thu	12/24/09	PWF2	116		
Fri	12/25/09	PWF2	117		
Sat	12/26/09	PWF2	118		

Glossary

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