



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

Vilna Gaon - Even Shleima, Chapter 1

## ***Simchah - Happiness Module Packet 2***

**עֲבֹדוּ אֶת ה' בְּשִׂמְחָה, בְּאוֹ לְפָנָיו בְּרִנְנָה**

***Serve Hashem with joy, come before Him with exultation***

**תהילים ק:ב**

**Psalms 100:2**

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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 20171107

## **ACTT Simchah - Happiness Module – Packet 2**

### **Specific Goal Suggested for *Simchah - Happiness 2* Module**

To see the hand of Hashem in everything that happens to us and to experience great joy from knowing that all that Hashem does is good and is a manifestation of his love for each of us.

### **General Goal of *Simchah - Happiness* Module**

To achieve ultimate happiness by internalizing 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).

### **Module Duration**

This module is part 2 of the *Simchah - Happiness* series and is scheduled for 157 days, including several 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 *Simchah - Happiness 2*, keep a copy for yourself and, optionally, submit a copy to the organization – see Module page of [www.actt613.org](http://www.actt613.org)
- On a daily basis:
  - Follow the Learning Schedule and record your *Simchah - Happiness* activity/action in your “ACTT Generic Daily Activity Log” for *Simchah - Happiness 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://www.actt613.org) for the generic activity log and activity/action ideas
  - Record your maintenance activity/action (from another module, e.g., *Ahavas Chesed*, *Judging Favorably*, *Kavanah During Davening*, etc.) in your “ACTT Generic Activity Log” for *Simchah - Happiness 2* – the *ACTT Activity and Action Ideas* has some suggestions – see Module page of [www.actt613.org](http://www.actt613.org) for the activity log and activity/action ideas
- Participate in the chizuk activities, as desired:
  - ACTT *Simchah - Happiness 2* 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

## Simchah - Happiness Resources

The following are some resources for learning about *Simchah - Happiness*:

- [Living Simchah - Finding the joy in everything](#) by Rabbi Hadar Margolin; ArtScroll Mesorah Publications; ISBN: 1422619141
  - [Happiness - Formulas, stories, and insights](#) by Rabbi Zelig Pliskin; ArtScroll Mesorah Publications; ISBN: 1578194547
  - [Simchah - It's Not Just Happiness](#) by Rabbi Abraham J. Twerski; ArtScroll Shaar Press; ISBN: 1422602184
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### *The Secret of Happiness*

The key to happiness is to appreciate what you have. If it's so simple, why are so many people unhappy?  
by Rabbi Noah Weinberg

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A young man with an unusually happy disposition once came to meet me in Jerusalem. I asked him, "What's your secret?"

He told me, "When I was 11 years old, G-d gave me a gift of happiness. I was riding my bicycle when a strong gust of wind blew me onto the ground into the path of an oncoming truck. The truck ran over me and cut off my leg.

"As I lay there bleeding, I realized that I might have to live the rest of my life without a leg. How depressing! But then I realized that being depressed won't get my leg back. So I decided right then and there not to waste my life despairing.

"When my parents arrived at the hospital they were shocked and grieving. I told them, 'I've already adapted. Now you also have to get used to this.'

"Ever since then, I see my friends getting upset over little things: their bus came late, they got a bad grade on a test, somebody insulted them. But I just enjoy life."

At age 11, this young man attained the clarity that it is a waste of energy to focus on what you are missing, and that the key to happiness is to take pleasure in what you have. Sounds simple, doesn't it? So why are so many people unhappy?

### **Happiness Is a State of Mind**

People often think happiness is based on what you achieve and acquire. *My whole life would improve if I had a new car...*

*I just need a better job and then I can relax and be happy...*

*If only I met the right girl...*

You get the car and what happens? For a whole week you're walking on air. Then you go right back to being unhappy.

Happiness is not a happening; it's a state of mind. You can have everything in the world and still be miserable. Or you can have relatively little and feel unbounded joy.

As the Talmud says, "Who is rich? The one who appreciates what he has" (Ethics of the Fathers, 4:1).

That's why the morning prayers begin with a series of blessings thanking G-d for the simple and obvious:

*Thank you, G-d, for giving me life Thank G-d I can see, that I can use my hands and feet, that I can think.*

Happiness comes from mastering the art of appreciating and consciously enjoying what you already have.

### **On the Ledge**

Imagine you are standing on the 70th floor of the Empire State Building, gazing at the cityscape. Suddenly a rather large man brusquely pushes past you, wrenches the window open and announces his intention to jump.

You yell out, "Stop! Don't do it!"

The six-foot-five figure turns to you and menacingly says, "Try to stop me and I'll take you with me!"

"Umm... No problem, sir. Have a safe trip. Any last words?"

"Let me tell you my troubles," he says. "My wife left me, my kids won't talk to me, I lost my job and my pet turtle died. So why should I go on living?"

Suddenly you have a flash of inspiration.

"Sir, close your eyes for a minute and imagine that you are blind. No colors, no sights of children playing, no fields of flowers, no sunset. Now imagine that suddenly there's a miracle. You open your eyes and your vision is restored! Are you going to jump? Or will you stick around for a week to enjoy the sights?"

"I'll stay for a week."

"But what happened to all the troubles?"

"I guess they're not so bad. I can see!"

"Well your eyesight is worth at least five million dollars. You're a rich man!"

If you really appreciate your eyesight, the other pains are insignificant. But if you take it all for granted, then nothing in life will ever truly give you joy.

## **Misconceptions on the Road to Happiness**

***Misconception #1: "Once I know the tools for being happy, then it will work like magic."***

Don't expect the results to come automatically. It is possible to understand how to attain happiness, yet not put it into practice. In fact, many people actually prefer to be comfortable and unhappy, rather than endure the discomfort of changing their habits.

Just as learning any new skill requires effort, you have to be willing to invest serious effort to achieve real happiness.

***Misconception #2: "If I become content and satisfied with what I have, I'll lose my motivation to achieve more."***

Happiness doesn't drain your energy. It adds more!

Ask a happy person: "I have a boat. Do you want to go fishing?"

"Great! Let's go!"

Now ask someone who is depressed, "C'mon, let's go fishing!"

"I'm tired. Maybe tomorrow. And anyway, it might rain..."

Happy people are energetic and ambitious. There's never enough time to do everything they want to do.

***Misconception #3: If I want to be depressed, that's my own prerogative.***

A beautiful Sunday afternoon. You're in the park having a picnic with friends. Suddenly the air is pierced by one person complaining: "Who forgot the forks? It's too hot for volleyball. I want to go home already."

When our mood negatively affects others, we recognize we have an obligation to be happy and not spoil the fun. That's why we try to put on a happy face when we're at a party.

But what about when we're at home with our spouse and kids? Or when we trudge into the office on Monday morning?

Like an open pit in the middle of the road, a sourpuss is a public menace. Being happy is part of being considerate to the people around us.

## **Happiness Exercises**

These exercises will increase your gratitude and help you build a solid foundation for a lifetime of happiness:

### **a. The Daily Pleasure Count**

To increase your appreciation of life, pinpoint some things you are extremely grateful for and count them every morning for one month, e.g.: your eyes, your hands, your children, your cat.

Set aside a few minutes each day to contemplate these pleasures and feel gratitude for them.

To really drive this home, sit down with your spouse or friend every evening and discuss one pleasure that each of you had that day. At the very least, you'll have a happier spouse or roommate! You can incorporate this into your family routine so that your children will also learn to appreciate their daily pleasures.

### **b. One-Hour Blessing-Fest**

The next exercise is more challenging.

Spend one hour writing down everything for which you are grateful.

Most people fly through the first 15 minutes. The next 15 minutes the pen moves more slowly. The next 15 minutes get even tougher, but you can pull through if you include your eyebrows and socks...

The last 15 minutes are excruciating.

Once the list is compiled, add one new blessing each day.

The power of this exercise is clear: You must be conscious of all your blessings in order to appreciate whatever new blessings come your way.

### **c. Prioritize Your Blessings**

To become a real expert at appreciation, prioritize your list. Which is more valuable: your hands or your feet? Eyes or ears? Sense of taste or your sense of touch?

Comparing pleasures forces you to articulate the subtle aspects of each one.



## **ACTT Module Packet Appendix**

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



## **ACTT Generic Commitment Form For Any Module**

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

**Please PRINT all information**

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

From \_\_\_/\_\_\_/\_\_\_ To \_\_\_/\_\_\_/\_\_\_

In memory of \_\_\_\_\_

As a zechus for:

a refuah shelaimah for \_\_\_\_\_

a shidduch for \_\_\_\_\_

parnassa for \_\_\_\_\_

other \_\_\_\_\_

- \_\_\_\_\_ *act(s) daily in a ☺ mood*

# act(s)                      Name of current module

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

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

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

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

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

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

**Commitment Signature**

Signed: \_\_\_\_\_ Date \_\_\_\_\_

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



**Simchah – Happiness Module 2 Learning Schedule**

Source Book: Living Simchah – Finding the joy in everything  
by Rabbi Hadar Margolin

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 11/13/17	Preface	Sat 12/23/17	37	Thu 02/01/18	74	Tue 03/13/18	111
Tue 11/14/17	Intro	Sun 12/24/17	Catch Up	Fri 02/02/18	75	Wed 03/14/18	112
Wed 11/15/17	1	Mon 12/25/17	38	Sat 02/03/18	76	Thu 03/15/18	113
Thu 11/16/17	2	Tue 12/26/17	39	Sun 02/04/18	Catch Up	Fri 03/16/18	114
Fri 11/17/17	3	Wed 12/27/17	40	Mon 02/05/18	77	Sat 03/17/18	115
Sat 11/18/17	4	Thu 12/28/17	41	Tue 02/06/18	78	Sun 03/18/18	Catch Up
Sun 11/19/17	5	Fri 12/29/17	42	Wed 02/07/18	79	Mon 03/19/18	116
Mon 11/20/17	6	Sat 12/30/17	43	Thu 02/08/18	80	Tue 03/20/18	117
Tue 11/21/17	7	Sun 12/31/17	44	Fri 02/09/18	81	Wed 03/21/18	118
Wed 11/22/17	8	Mon 01/01/18	45	Sat 02/10/18	82	Thu 03/22/18	119
Thu 11/23/17	9	Tue 01/02/18	46	Sun 02/11/18	83	Fri 03/23/18	120
Fri 11/24/17	10	Wed 01/03/18	47	Mon 02/12/18	84	Sat 03/24/18	121
Sat 11/25/17	11	Thu 01/04/18	48	Tue 02/13/18	85	Sun 03/25/18	122
Sun 11/26/17	Catch Up	Fri 01/05/18	49	Wed 02/14/18	86	Mon 03/26/18	123
Mon 11/27/17	12	Sat 01/06/18	50	Thu 02/15/18	87	Tue 03/27/18	124
Tue 11/28/17	13	Sun 01/07/18	Catch Up	Fri 02/16/18	88	Wed 03/28/18	125
Wed 11/29/17	14	Mon 01/08/18	51	Sat 02/17/18	89	Thu 03/29/18	126
Thu 11/30/17	15	Tue 01/09/18	52	Sun 02/18/18	Catch Up	Fri 03/30/18	127
Fri 12/01/17	16	Wed 01/10/18	53	Mon 02/19/18	90	Sat 03/31/18	128
Sat 12/02/17	17	Thu 01/11/18	54	Tue 02/20/18	91	Sun 04/01/18	Catch Up
Sun 12/03/17	18	Fri 01/12/18	55	Wed 02/21/18	92	Mon 04/02/18	129
Mon 12/04/17	19	Sat 01/13/18	56	Thu 02/22/18	93	Tue 04/03/18	130
Tue 12/05/17	20	Sun 01/14/18	57	Fri 02/23/18	94	Wed 04/04/18	131
Wed 12/06/17	21	Mon 01/15/18	58	Sat 02/24/18	95	Thu 04/05/18	132
Thu 12/07/17	22	Tue 01/16/18	59	Sun 02/25/18	96	Fri 04/06/18	133
Fri 12/08/17	23	Wed 01/17/18	60	Mon 02/26/18	97	Sat 04/07/18	134
Sat 12/09/17	24	Thu 01/18/18	61	Tue 02/27/18	98	Sun 04/08/18	135
Sun 12/10/17	Catch Up	Fri 01/19/18	62	Wed 02/28/18	99	Mon 04/09/18	136
Mon 12/11/17	25	Sat 01/20/18	63	Thu 03/01/18	100	Tue 04/10/18	137
Tue 12/12/17	26	Sun 01/21/18	Catch Up	Fri 03/02/18	101	Wed 04/11/18	138
Wed 12/13/17	27	Mon 01/22/18	64	Sat 03/03/18	102	Thu 04/12/18	139
Thu 12/14/17	28	Tue 01/23/18	65	Sun 03/04/18	Catch Up	Fri 04/13/18	140
Fri 12/15/17	29	Wed 01/24/18	66	Mon 03/05/18	103	Sat 04/14/18	Appendix 1
Sat 12/16/17	30	Thu 01/25/18	67	Tue 03/06/18	104	Sun 04/15/18	Catch Up
Sun 12/17/17	31	Fri 01/26/18	68	Wed 03/07/18	105	Mon 04/16/18	Appendix 2
Mon 12/18/17	32	Sat 01/27/18	69	Thu 03/08/18	106	Tue 04/17/18	Appendix 3
Tue 12/19/17	33	Sun 01/28/18	70	Fri 03/09/18	107	Wed 04/18/18	Appendix 4
Wed 12/20/17	34	Mon 01/29/18	71	Sat 03/10/18	108	END OF SCHEDULE, MAZEL TOV!!	
Thu 12/21/17	35	Tue 01/30/18	72	Sun 03/11/18	109		
Fri 12/22/17	36	Wed 01/31/18	73	Mon 03/12/18	110		



## ACTT Activity/Action Ideas

**Acknowledgements:**

- 1) Some of the ideas for *Acts of Chesed* were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: [www.areyvut.org](http://www.areyvut.org)
- 2) Some of the ideas for *Judging Favorably* were adapted from The Other Side of the Story by Yehudis Samet
- 3) Some of the ideas for *Kavanah During Davening* were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) Some of the ideas for *Bitachon* were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush
- 5) Some of the ideas for *Improving Anger Management* were adapted from Anger The Inner Teacher @ [www.aish.com/spirituality/growth/Anger\\_The\\_Inner\\_Teacher.asp](http://www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp)
- 6) Some of the ideas for *The Six Constant Mitzvos* were adapted from The Six Constant Mitzvos based on Rabbi Yitzchak Berkowitz's lectures and [www.the-six-constant-mitzvos.com](http://www.the-six-constant-mitzvos.com)

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)

<b>IDEAS FOR IMPROVING KAVANAH DURING DAVENING - CONCENTRATION DURING PRAYERS</b>	
<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>
<b>IDEAS FOR HAKARAS HA TOV - GRATITUDE</b>	
<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>
<b>IDEAS FOR BITACHON - TRUST IN HASHEM</b>	
<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>
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### 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>
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### 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>
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### 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>
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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)



## 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>
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### 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>
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### 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>
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## ACTT Glossary

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