

## Why is your Daily Spiritual Diary only 40 days?

Testing has shown that it takes up to 40 days to form a new habit. By the time you have completed your Daily Spiritual Diary (it must be used on a consistent daily basis) you will have programmed yourself into a positive state of awareness, which will benefit yourself and those whom you interact with in your life.

If you really want to change your life for the positive – then *it is essential* that you fill out this Daily Spiritual Diary for forty *consecutive* days!

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**Brent IAm** 

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Whilst procrastination has been named the thief of time, implementation of a Did I experience any difficult emotions today? (For example, did I have solid action plan is the key to truly finding inner peace. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ...... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive  $\square$  YES  $\square$  NO today? Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Did I experience any difficult emotions today? (For example, did I have The past is behind us, the present is a time to better the past, and tomorrow is a day to better today. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ...... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

When we give our all to a task, it does not matter if we do not receive praise or recognition, as in one's humbleness, greatness surely does follow.	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)				
Date: Answer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /				
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Did I help anyone without their asking today? ☐ YES ☐ NO	Did I do my spiritual practice today? ☐ YES ☐ NO Did I do my exercise today? ☐ YES ☐ NO				
Did I judge others today? □ YES □ NO	How did this make me feel? (Circle)  lazy / depressed / negative / improved / positive / happy / blissful				
If yes, what did I judge?	razy / depressed / negative / improved / positive / nappy / bissiar				
	Did I take time out just to be calm, still and silent and to reflect and revive today? $\square$ YES $\square$ NO				
Do these judgements reflect a habit that I need to work on?  ☐ YES ☐ NO	Were my eating habits balanced / healthy today? □ YES □ NO				
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read other spiritual texts other					

We are either walking towards the light or walking away from it. Date: Answer the following every evening: Did I smile when I woke up?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 What type of sleep? (Circle) broken restless restful blissful Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I judge others today?  $\square$  YES  $\square$  NO

Do these judgements reflect a ha	bit that I need to work on?					
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Did I experience any difficult emotions today: negative thoughts?)   NO   YES (explain)						
How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) / took time out / other.						
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Did I do my spiritual practice today? Did I do my exercise today? How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	☐ YES ☐ YES / happy	□ NO				
Did I take time out just to be calm, still and sile today?	ent and to  ☐ YES					
Were my eating habits balanced / healthy today?	□ YES	□ NO				
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To love another with all our he heart.	eart is to love ourselves and God with all our	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)			
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	elderly are the caretakers of knowledge, and we between, should we choose to be.	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)				
Date:	Answer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /				
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<b>.</b>	-					
read other spiritual texts	other					

Focusing on shining bright within ourselv change for the better.	es, will cause those around us to	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)				
	ollowing every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /				
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Did I judge others today?	$\square$ YES $\square$ NO	How did this make me feel? (Circle)				
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wood other spiritual toyts ather						
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• • •	d through one's healthy fear of the ons. To truly fear God is to also love and	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)				
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	vorked on communicating	you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean				
attended counselling practiced po	sitive habits read Anahata	house etc.)				
read other spiritual texts other						

There is no such thing as 'luck'; we attract all things into our lives through our Did I experience any difficult emotions today? (For example, did I have thoughts actions, words and deeds or 'karma'. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

The things that we want will eventually come; however, it is the things that we Did I experience any difficult emotions today? (For example, did I have 'need', God will always provide in the living now. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Fear contr	ols us t	to the	degree	of our	faith	in a	particular	fear.
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Date:	Answer	the fo	llowi	ng e	every	eve	ening:
What time did I wake up?							
Did I smile when I woke up?					YES		NO
How many hours did I sleep?	(Circle)	4 5	6 7	8	9 1	0 1	11 12
What type of sleep? (Circle)	broken	restle	ess r	estf	ul	bliss	sful
Did I help anyone without the	eir asking	today	?		YES		NO
Did I judge others today?					YES		NO
If yes, what did I judge?							
Do these judgements reflect a				vorl		,	
What habit/s (if any) arose to	•						
How did I work on my negat	ive habits	and tr	raits?	(Cir	rcle)		
attended counselling prac	cticed po	sitive	habit	S	read	Ana	ahata
read other spiritual texts	other						

How did I deal with them? (Circle) thought gave my time or money to others / did exer	
did something artistic (music, dance, sing, pa took time out / other	aint, draw, write) /
Did I consistently remain aware that any neg	
negative future for me?	$\square$ YES $\square$ NO
How did my intervention or practices assist? ( I felt slightly better / made me feel happy	,
Did I do my spiritual practice today?	$\square$ YES $\square$ NO
Did I do my exercise today?	$\square$ YES $\square$ NO
How did this make me feel? (Circle)	
lazy / depressed / negative / improved / posi	tive / happy / blissful
Did I take time out just to be calm, still and today?	l silent and to reflect and revive  □ YES □ NO
Were my eating habits balanced / healthy today	y? □ <b>YES</b> □ <b>NO</b>
Did I say prayers for others and myself today?	YES □ NO
Have I organised my general life in a daily list	t? □ YES □ NO
What do I have to be grateful for? (NOTE you for, the more things come our way to be a you Lord for the food I eat, the roof over m positive children, my positive job, my beautifhouse etc.)	thankful for! For example, thank ny head, my positive friends, my

The Devil uses fear as a manipulative tool for evil; therefore, to face our fears with positivity, faith, love and light, we render the Devil powerless.

Date:	Answer	the follo	wing	every	evening	<b>;:</b>
What time did I wake up?						
Did I smile when I woke up?				YES	□ NO	
How many hours did I sleep?	? (Circle)	4 5 6	7 8	9 10	) 11 1	2
What type of sleep? (Circle)	broken	restless	rest	ful b	olissful	
Did I help anyone without the	eir asking	g today?		YES	□ NO	
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Vere my eating habits balanced / healthy today?	□ YES	□ NO				
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fust as a flower grows from a seed, so too we plant seeds with our fears, which in turn grow to the degree we 'water them' by focusing our thoughts and words in such fear; until the fear is attracted to us in the form of a negative person, place or event.	Did I experience any difficult emotions today? (For example, did I have negative thoughts?) □ NO □ YES (explain)	
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How did I work on my negative habits and traits? (Circle)	What do I have to be grateful for? (NOTE: The more things we say thank	
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ttended counselling practiced positive habits read Anahata	house etc.)	
ead other spiritual texts other		

The art of discerning whether we are acting from a state of fear or love is Did I experience any difficult emotions today? (For example, did I have cultivated through meditation upon Anahata. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Did I experience any difficult emotions today? (For example, did I have Should we be unsure of which path to take we must consider: 1. Do I enjoy this or the result it brings? 2. Does it facilitate the greater good? 3. Does doing this fulfil use of the personal abilities God has given me? How did I deal with them? (Circle) thought positive thoughts / Date:.... gave my time or money to others / did exercise / did meditation Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out What type of sleep? (Circle) broken restless restful blissful Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today? What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Did I experience any difficult emotions today? (For example, did I have The devil is our best friend at all times in the beginning; however, when spiritual law kicks in, he always leaves us posted. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out What type of sleep? (Circle) broken restless restful blissful Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

No one is born evil. We are all bright shining lights within. It may be externally that we have layer upon layer of grey built up either from this life or our past lives; nonetheless, we are pure in soul and can always return to this state of urity, should we choose to.	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)    NO   YES (explain)	
Date: Answer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
Vhat time did I wake up?	took time out / other	
Did I smile when I woke up? □ YES □ NO	Did I consistently remain aware that any negative thoughts are manifesting a negative future for me? □ YES □ NO	
How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12		
What type of sleep? (Circle) broken restless restful blissful	How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out	
Did I help anyone without their asking today?   □ YES □ NO	Did I do my spiritual practice today? □ YES □ NO	
Did I judge others today? □ YES □ NO	Did I do my exercise today? □ YES □ NO How did this make me feel? (Circle)	
Oid I judge others today? □ YES □ NO	lazy / depressed / negative / improved / positive / happy / blissful	
f yes, what did I judge?		
	Did I take time out just to be calm, still and silent and to reflect and revive today? $\Box$ YES $\Box$ NO	
Oo these judgements reflect a habit that I need to work on?  □ YES □ NO	Were my eating habits balanced / healthy today? □ YES □ NO	
What habit/s (if any) arose today that needs to be worked on?	Did I say prayers for others and myself today? $\Box$ YES $\Box$ NO	
	Have I organised my general life in a daily list? ☐ YES ☐ NO	
How did I work on my negative habits and traits? (Circle)	What do I have to be grateful for? (NOTE: The more things we say thank you for the more things some our way to be thankful for! For example, thank	
id affirmations meditated worked on communicating	you for, the more things come our way to be thankful for! For example, thank you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean	
ttended counselling practiced positive habits read Anahata	house etc.)	
ead other spiritual texts other		

Evil brings weeds that try to strangle plants around them, whilst love brings rees with deep strong roots that grow upwards at a slow rate, weathering life's rials of storms and drought, and building strong supportive branches filled with life's wisdom.	Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)	
Date: Answer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
Vhat time did I wake up?	took time out / other	
Did I smile when I woke up? □ YES □ NO	Did I consistently remain aware that any negative thoughts are manifesting a negative future for me? ☐ YES ☐ NO	
How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12		
What type of sleep? (Circle) broken restless restful blissful	How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out	
Did I help anyone without their asking today?	Did I do my spiritual practice today? ☐ YES ☐ NO	
Did I judge others today? □ YES □ NO	Did I do my exercise today?   How did this make me feel? (Circle)  The second of the s	
f yes, what did I judge?	lazy / depressed / negative / improved / positive / happy / blissful	
	Did I take time out just to be calm, still and silent and to reflect and revive today? $\Box$ YES $\Box$ NO	
Do these judgements reflect a habit that I need to work on?	Were my eating habits balanced / healthy today? □ YES □ NO	
What habit/s (if any) arose today that needs to be worked on?	Did I say prayers for others and myself today? $\Box$ YES $\Box$ NO	
	Have I organised my general life in a daily list? ☐ YES ☐ NO	
How did I work on my negative habits and traits? (Circle)	What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank	
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Date:.... Answer the following every evening: Did I smile when I woke up?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 What type of sleep? (Circle) broken restless restful blissful  $\square$  YES  $\square$  NO Did I help anyone without their asking today? Did I judge others today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . How did I work on my negative habits and traits? (Circle) did affirmations meditated worked on communicating attended counselling practiced positive habits read Anahata read other spiritual texts other......

Our love for others fulfils to the degree we learn to love ourselves.

Did I experience any difficult emotions today's negative thoughts?)   NO   YES (explain)		
How did I deal with them? (Circle) thought pos gave my time or money to others / did exercise did something artistic (music, dance, sing, paint, took time out / other	/ did m draw, wr	neditation ite) /
Did I consistently remain aware that any negative negative future for me?	e though	•
How did my intervention or practices assist? (Circ I felt slightly better / made me feel happy / bl		_
Did I do my spiritual practice today? Did I do my exercise today? How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	☐ YES ☐ YES / happy	□ NO
Did I take time out just to be calm, still and sile today?	ent and to  ☐ YES	
Were my eating habits balanced / healthy today?	□ YES	□ NO
Did I say prayers for others and myself today?	□ YES	□ NO
Have I organised my general life in a daily list?	□ YES	□ NO
What do I have to be grateful for? (NOTE: The you for, the more things come our way to be than you Lord for the food I eat, the roof over my hopositive children, my positive job, my beautiful a house etc.)	kful for! ead, my j and carin	For example, thank positive friends, my g spouse, my clean

Hate towards others highlights the need for repair in loving and forgiving our self.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)	
Date:	How did I deal with them? (Circle) the state:		/ did meditation
What time did I wake up?		took time out / other	
Did I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	re thoughts are manifesting a  □ YES □ NO
-	(Circle) 4 5 6 7 8 9 10 11 12	How did my intervention or practices assist? (Circ	,
What type of sleep? (Circle) b	oroken restless restful blissful	I felt slightly better / made me feel happy / bl	issed me out
Did I help anyone without the	ir asking today? □ YES □ NO	Did I do my spiritual practice today? Did I do my exercise today?	□ YES □ NO □ YES □ NO
Did I judge others today?	□ YES □ NO	How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	
If yes, what did I judge?		inity appressed regulary improved repositive	, mappy , onsorur
		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive VES   NO
Do these judgements reflect a	habit that I need to work on?  □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
` • • •	day that needs to be worked on?	Did I say prayers for others and myself today?	□ YES □ NO
		Have I organised my general life in a daily list?	□ YES □ NO
How did I work on my negative habits and traits? (Circle)		What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank	
did affirmations meditated worked on communicating		you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean	
attended counselling prac	ticed positive habits read Anahata	house etc.)	
read other spiritual texts other			

The more love we give, the more love we receive in return.

Date:	Answer the following every evening:
What time did I wake up?	
Did I smile when I woke up?	□ YES □ NO
How many hours did I sleep? (	Circle) 4 5 6 7 8 9 10 11 12
What type of sleep? (Circle) b	roken restless restful blissful
Did I help anyone without their	r asking today?
Did I judge others today?	□ YES □ NO
Do these judgements reflect a l	habit that I need to work on?
	ay that needs to be worked on?
How did I work on my negativ	
	ed worked on communicating
	iced positive habits read Anahata
read other spiritual texts	other

Did I experience any difficult emotions today? negative thoughts?)   NO   YES (explain)		
How did I deal with them? (Circle) thought pos gave my time or money to others / did exercise did something artistic (music, dance, sing, paint, took time out / other	/ did m	neditation ite) /
Did I consistently remain aware that any negative negative future for me?	e thought	_
How did my intervention or practices assist? (Circ I felt slightly better / made me feel happy / bl		U
Did I do my spiritual practice today? Did I do my exercise today? How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	☐ YES ☐ YES / happy /	
Did I take time out just to be calm, still and sile today?	ent and to  ☐ YES	
Were my eating habits balanced / healthy today?	□ YES	□ NO
Did I say prayers for others and myself today?	□ YES	□ NO
Have I organised my general life in a daily list?	□ YES	□ NO
What do I have to be grateful for? (NOTE: The you for, the more things come our way to be than you Lord for the food I eat, the roof over my hopositive children, my positive job, my beautiful thouse etc.)	kful for! ead, my p and carin	For example, thank positive friends, my g spouse, my clean

Did I experience any difficult emotions today? (For example, did I have The more money we give with a loving heart, to those truly in need, the more money and opportunity to make money, comes our way. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Money is not evil; the more money you make, the more people you may employ Did I experience any difficult emotions today? (For example, did I have and/or assist, thus the more money you make. When giving with love, on behalf of God, this creates exponential energy. How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today? What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

When we fear giving our money to those in need, we block the full potential of Did I experience any difficult emotions today? (For example, did I have our own ability to attract further wealth. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / Date:.... gave my time or money to others / did exercise / did meditation Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other...... 

Did I experience any difficult emotions today? (For example, did I have We are limited in earning capacity only by our imagination as a seed, combined with our karma and our faith as an action. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive  $\square$  YES  $\square$  NO today? Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today? What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

From a seed of faith in obtaining wealth, comes whatever we wish, to the degree we purify our karma and walk with positive thoughts, words and deeds.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)	
Date:	Answer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
What time did I wake up?		took time out / other	
Did I smile when I woke u	p? □ YES □ NO	Did I consistently remain aware that any negative negative future for me?	re thoughts are manifesting a  □ YES □ NO
	ep? (Circle) 4 5 6 7 8 9 10 11 12	How did my intervention or practices assist? (Circ	Ź
What type of sleep? (Circle	e) broken restless restful blissful	I felt slightly better / made me feel happy / bl	lissed me out
Did I help anyone without	their asking today? $\square$ YES $\square$ NO	Did I do my spiritual practice today? Did I do my exercise today?	<ul><li>□ YES □ NO</li><li>□ YES □ NO</li></ul>
Did I judge others today?	□ YES □ NO	How did this make me feel? (Circle)  lazy / depressed / negative / improved / positive	
If yes, what did I judge?		nazy / depressed / negative / improved / positive	тарру тынээгиг
		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive  ☐ YES ☐ NO
Do these judgements reflect	ct a habit that I need to work on?  □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
` • • • • • • • • • • • • • • • • • • •	today that needs to be worked on?	Did I say prayers for others and myself today?	□ YES □ NO
		Have I organised my general life in a daily list?	□ YES □ NO
How did I work on my negative habits and traits? (Circle)		What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank	
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attended counselling pr	racticed positive habits read Anahata	house etc.)	
read other spiritual texts other			

We can and perhaps will bring about great wealth; however, unless we seek to Did I experience any difficult emotions today? (For example, did I have go within; peace of mind will never be more than a fleeting glance in our lives. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Wealth must be balanced with work, family, friends and time to nurture one's own soul.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO YES (explain)  How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) / took time out / other.		
Date: Answer the following every evening:				
What time did I wake up?				
Did I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative future for me?	we thoughts are manifesting a $\square$ YES $\square$ NO	
How many hours did I sleep? (Cir	rcle) 4 5 6 7 8 9 10 11 12	How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out		
What type of sleep? (Circle) brok	en restless restful blissful			
		Did I do my spiritual practice today?	$\square$ YES $\square$ NO	
Did I help anyone without their as	sking today? $\square$ YES $\square$ NO	Did I do my exercise today?	$\square$ YES $\square$ NO	
		How did this make me feel? (Circle)		
Did I judge others today?	$\square$ YES $\square$ NO	lazy / depressed / negative / improved / positive / happy / blissful		
If yes, what did I judge?		Did I take time out just to be calm, still and si		
		today?	$\square$ YES $\square$ NO	
Do these judgements reflect a hab	it that I need to work on?  □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO	
		Did I say prayers for others and myself today?	$\square$ YES $\square$ NO	
What habit/s (if any) arose today to	that needs to be worked on?			
		Have I organised my general life in a daily list?	$\square$ YES $\square$ NO	
How did I work on my negative habits and traits? (Circle)		What do I have to be grateful for? (NOTE: 1) you for, the more things come our way to be the you Lord for the food I eat, the roof over my	unkful for! For example, thank	
did affirmations meditated worked on communicating		positive children, my positive job, my beautiful house etc.)		
attended counselling practiced positive habits read Anahata				
read other spiritual texts other				

Did I experience any difficult emotions today? (For example, did I have True wealth and fulfilment may only ever be found in giving to and helping negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... others. How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

To accept money and assistance from others is not a sign of weakness, Did I experience any difficult emotions today? (For example, did I have providing that with a loving heart we then give money and assistance to others negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... when we are in a position to do so. How did I deal with them? (Circle) thought positive thoughts / Date:.... gave my time or money to others / did exercise / did meditation Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out What type of sleep? (Circle) broken restless restful blissful Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?

 $\square$  NO

What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

and if left unchecked manifests in	of the mind firstly seeds discord in our aura, "disease" through our body; be it joint pain, vel, heart disease, cancer and the myriad of	Did I experience any difficult emotions today negative thoughts?)   NO   YES (explain)	
Date: Ans	wer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
What time did I wake up?		took time out / other	
Oid I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	ve thoughts are manifesting a  □ YES □ NO
How many hours did I sleep? (Circ	cle) 4 5 6 7 8 9 10 11 12	-	
What type of sleep? (Circle) broke	en restless restful blissful	How did my intervention or practices assist? (Circ I felt slightly better / made me feel happy / bi	,
Did I help anyone without their as	king today? □ YES □ NO	Did I do my spiritual practice today?	$\square$ YES $\square$ NO
Nid Lindge others to day?		Did I do my exercise today?	$\square$ YES $\square$ NO
Oid I judge others today?	$\square$ YES $\square$ NO	How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	/ happy / blissful
f yes, what did I judge?		may, depressed, negative, improved, positive	This is a second of the second
		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive ☐ YES ☐ NO
Oo these judgements reflect a habi	t that I need to work on?  □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
`	hat needs to be worked on?	Did I say prayers for others and myself today?	□ YES □ NO
		Have I organised my general life in a daily list?	□ YES □ NO
How did I work on my negative ha	abits and traits? (Circle)	What do I have to be grateful for? (NOTE: T	· .
lid affirmations meditated	you for, the more things come our way to be thankful for! For example to the food I eat, the roof over my head, my positive positive children, my positive job, my beautiful and caring spour.		ead, my positive friends, my
ttended counselling practiced	l positive habits read Anahata	house etc.)	
ead other spiritual texts oth	er		

When we maintain a personal state of love or "Anahata" through physical, mental, emotional and spiritual levels, we cause healing to take place at the core of our being, which in turn allows all levels of healing to emerge.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)		
Date: What time did I wake	Answer the followup?	wing every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) / took time out / other	
Oid I smile when I wo	-	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	
How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12  What type of sleep? (Circle) broken restless restful blissful			How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out	
Oid I help anyone wit	hout their asking today?	□ YES □ NO	Did I do my spiritual practice today?	□ YES □ NO
Oid I judge others tod	lay?	□ YES □ NO	Did I do my exercise today?  How did this make me feel? (Circle)	☐ YES ☐ NO
f yes, what did I judg	ge?		lazy / depressed / negative / improved / positive	/ nappy / bussiui
, ,	′ · • • • • • • • • • • • • • • • • • • •		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive   YES  NO
Do these judgements	reflect a habit that I need t	o work on? □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
` •	arose today that needs to b		Did I say prayers for others and myself today?	□ YES □ NO
			Have I organised my general life in a daily list?	□ YES □ NO
How did I work on m	y negative habits and traits	s? (Circle)	What do I have to be grateful for? (NOTE: The more things we say that you for, the more things come our way to be thankful for! For example, that	
lid affirmations	meditated worked or	n communicating	you Lord for the food I eat, the roof over my head, my positive friends positive children, my positive job, my beautiful and caring spouse, my of	
nttended counselling	practiced positive hal	oits read Anahata	house etc.)	
ead other spiritual t	texts other			

Our external state of health directly represents our internal, spiritual state of being.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)	
Date: Answer the following every evening:		How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
What time did I wake up?		took time out / other	
Did I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	e thoughts are manifesting a  □ YES □ NO
How many hours did I sleep? (Circle) 4 5 6	5 7 8 9 10 11 12	How did my intervention or practices assist? (Circ	
What type of sleep? (Circle) broken restles	s restful blissful	I felt slightly better / made me feel happy / bl	issed me out
Did I help anyone without their asking today?	□ YES □ NO	Did I do my spiritual practice today? Did I do my exercise today?	□ YES □ NO □ YES □ NO
Did I judge others today?	□ YES □ NO	How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	
If yes, what did I judge?		may, aspressed, negative, improved, posserve	, mpp, , sussian
		Did I take time out just to be calm, still and sile today?	ent and to reflect and revive  □ YES □ NO
Do these judgements reflect a habit that I need	l to work on? □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
What habit/s (if any) arose today that needs to		Did I say prayers for others and myself today?	□ YES □ NO
		Have I organised my general life in a daily list?	□ YES □ NO
How did I work on my negative habits and traits? (Circle)		What do I have to be grateful for? (NOTE: The you for, the more things come our way to be than	0 ,
did affirmations meditated worked on communicating		you Lord for the food I eat, the roof over my hopositive children, my positive job, my beautiful of	ead, my positive friends, my
attended counselling practiced positive h	abits read Anahata	house etc.)	
read other spiritual texts other			

To heal we must face all truths about our self and come to peace with them.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)	
Date: An	swer the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /	
What time did I wake up?		took time out / other	
Did I smile when I woke up?	$\square$ YES $\square$ NO	Did I consistently remain aware that any negative negative future for me?	ve thoughts are manifesting a  □ YES □ NO
How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12  What type of sleep? (Circle) broken restless restful blissful		How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out	
Did I help anyone without their a	sking today?	Did I do my spiritual practice today? Did I do my exercise today?	<ul> <li>□ YES □ NO</li> <li>□ YES □ NO</li> </ul>
Did I judge others today?  If yes, what did I judge?	□ YES □ NO	How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	
		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive  □ YES □ NO
Do these judgements reflect a hal	of that I need to work on? $\square$ YES $\square$ NO	Were my eating habits balanced / healthy today?	□ YES □ NO
	that needs to be worked on?	Did I say prayers for others and myself today?	□ YES □ NO
		Have I organised my general life in a daily list?	□ YES □ NO
How did I work on my negative habits and traits? (Circle)		What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank	
did affirmations meditated worked on communicating attended counselling practiced positive habits read Anahata		you Lord for the food I eat, the roof over my hospitive children, my positive job, my beautiful house etc.)	pead, my positive friends, my
read other spiritual texts of	her		

External sickness is nature's reminder for us to maintain and nurture our soul within.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)		
Date: Answer the following every evening:		How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /		
What time did I wake up?		took time out / other		
Did I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	e thoughts are manifesting a  □ YES □ NO	
How many hours did I sleep? (Circle) 4 5	6 7 8 9 10 11 12			
What type of sleep? (Circle) broken restless restful blissful		How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out		
Did I help anyone without their asking today	? □ YES □ NO	Did I do my spiritual practice today?	□ YES □ NO	
Did I judge others today?	□ YES □ NO	Did I do my exercise today? How did this make me feel? (Circle)	□ YES □ NO	
If yes, what did I judge?		lazy / depressed / negative / improved / positive	/ happy / blissful	
		Did I take time out just to be calm, still and sile today?	ent and to reflect and revive  ☐ YES ☐ NO	
Do these judgements reflect a habit that I nee	d to work on?  □ YES □ NO	Were my eating habits balanced / healthy today?	□ YES □ NO	
What habit/s (if any) arose today that needs t		Did I say prayers for others and myself today?	□ YES □ NO	
		Have I organised my general life in a daily list?	□ YES □ NO	
How did I work on my negative habits and tr	I I work on my negative habits and traits? (Circle)  What do I have to be grateful for? (NOTE: The more things we you for, the more things come our way to be thankful for! For example 1.			
did affirmations meditated worked on communicating		you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean		
attended counselling practiced positive l	nabits read Anahata	house etc.)		
read other spiritual texts other				

Did I experience any difficult emotions today? (For example, did I have In our relationships, a partner may only find union with us to the degree that we give out love. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today? What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

When we focus only on our partner's positive attributes, and we are grateful for these, then we assist a blossoming of our loved one, which in turn brings forth a positively blessed union.

Date:	Answer the following	ng every eveni	ng:
What time did I wake up?			
Did I smile when I woke up?		□ YES □ N	O
How many hours did I sleep?	(Circle) 4 5 6 7	8 9 10 11	12
What type of sleep? (Circle)	broken restless r	estful blissfu	ıl
Did I help anyone without the	eir asking today?	□ YES □ N	0
Did I judge others today?			O
If yes, what did I judge?			
Do these judgements reflect a habit that I need to work on?  □ YES □ NO			
What habit/s (if any) arose today that needs to be worked on?			
How did I work on my negative habits and traits? (Circle)  did affirmations meditated worked on communicating			
attended counselling prac	cticed positive habits	read Anah	ata
read other spiritual texts	other		

Did I experience any difficult emotions today negative thoughts?)   NO   YES (explain)		
How did I deal with them? (Circle) thought pos gave my time or money to others / did exercise did something artistic (music, dance, sing, paint, took time out / other	/ <b>did m</b> draw, wr	neditation ite) /
Did I consistently remain aware that any negative negative future for me?	e though	•
How did my intervention or practices assist? (Circ I felt slightly better / made me feel happy / bl	,	O
Did I do my spiritual practice today? Did I do my exercise today? How did this make me feel? (Circle) lazy / depressed / negative / improved / positive	☐ YES ☐ YES / happy	□ NO
Did I take time out just to be calm, still and sile today?	ent and to  ☐ YES	
Were my eating habits balanced / healthy today?	□ YES	□ NO
Did I say prayers for others and myself today?	□ YES	□ NO
Have I organised my general life in a daily list?	□ YES	□ NO
What do I have to be grateful for? (NOTE: The you for, the more things come our way to be than you Lord for the food I eat, the roof over my hopositive children, my positive job, my beautiful thouse etc.)	nkful for! ead, my j and carin	For example, thank positive friends, my g spouse, my clean

Did I experience any difficult emotions today? (For example, did I have What we see and dislike in our loved one's generally highlights that which, we too, need to address in our self. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / What type of sleep? (Circle) broken restless restful blissful I felt slightly better / made me feel happy / blissed me out Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive  $\square$  YES  $\square$  NO today? Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today?  $\square$  YES  $\square$  NO What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

Better to love with our whole heart, walking straight into and through any Did I experience any difficult emotions today? (For example, did I have fears; for only then can we truly feel all that love has to offer. negative thoughts?)  $\square$  **NO**  $\square$  **YES (explain)** ..... How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation Date:.... Answer the following every evening: did something artistic (music, dance, sing, paint, draw, write) / took time out / other..... Did I smile when I woke up?  $\square$  YES  $\square$  NO Did I consistently remain aware that any negative thoughts are manifesting a negative future for me?  $\square$  YES  $\square$  NO How many hours did I sleep? (Circle) 4 5 6 7 8 9 10 11 12 How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out What type of sleep? (Circle) broken restless restful blissful Did I help anyone without their asking today?  $\square$  YES  $\square$  NO Did I do my spiritual practice today?  $\square$  YES  $\square$  NO Did I do my exercise today?  $\square$  YES  $\square$  NO Did I judge others today? How did this make me feel? (Circle)  $\square$  YES  $\square$  NO lazy / depressed / negative / improved / positive / happy / blissful Did I take time out just to be calm, still and silent and to reflect and revive today?  $\square$  YES  $\square$  NO Do these judgements reflect a habit that I need to work on?  $\square$  YES  $\square$  NO Were my eating habits balanced / healthy today? What habit/s (if any) arose today that needs to be worked on? . . . . . Did I say prayers for others and myself today?  $\square$  YES  $\square$  NO Have I organised my general life in a daily list?  $\square$  YES  $\square$  NO How did I work on my negative habits and traits? (Circle) What do I have to be grateful for? (NOTE: The more things we say thank you for, the more things come our way to be thankful for! For example, thank did affirmations meditated worked on communicating you Lord for the food I eat, the roof over my head, my positive friends, my positive children, my positive job, my beautiful and caring spouse, my clean attended counselling practiced positive habits read Anahata house etc.) read other spiritual texts other......

God is always there surrounding us in a blessed, blissful state; it is therefore, up to us, to be calm, still and silent, so that we can be part of this; feeling and being in a blessed, blissful state.		Did I experience any difficult emotions today? (For example, did I have negative thoughts?)   NO   YES (explain)		
Date: Answe	er the following every evening:	How did I deal with them? (Circle) thought positive thoughts / gave my time or money to others / did exercise / did meditation did something artistic (music, dance, sing, paint, draw, write) /		
What time did I wake up?		took time out / other		
Did I smile when I woke up?	□ YES □ NO	Did I consistently remain aware that any negative negative future for me?	re thoughts are manifesting a  □ YES □ NO	
How many hours did I sleep? (Circle	e) 4 5 6 7 8 9 10 11 12	<u> </u>		
What type of sleep? (Circle) broken restless restful blissful		How did my intervention or practices assist? (Circle) it did nothing / I felt slightly better / made me feel happy / blissed me out		
Oid I help anyone without their aski	ng today? □ YES □ NO	Did I do my spiritual practice today?	$\square$ YES $\square$ NO	
		Did I do my exercise today?	$\square$ YES $\square$ NO	
Did I judge others today?	□ YES □ NO	How did this make me feel? (Circle) lazy / depressed / negative / improved / positive		
f yes, what did I judge?				
		Did I take time out just to be calm, still and sil today?	ent and to reflect and revive  □ YES □ NO	
Do these judgements reflect a habit				
	□ YES □ NO	Were my eating habits balanced / healthy today?	$\square$ YES $\square$ NO	
What habit/s (if any) arose today that		Did I say prayers for others and myself today?	□ YES □ NO	
		Have I organised my general life in a daily list?	□ YES □ NO	
How did I work on my negative hab	its and traits? (Circle)	What do I have to be grateful for? (NOTE: The year for the more things some our view to be they		
lid affirmations meditated worked on communicating		you for, the more things come our way to be that you Lord for the food I eat, the roof over my happing in my happing in my happing.	ead, my positive friends, my	
attended counselling practiced positive habits read Anahata		positive children, my positive job, my beautiful a house etc.)	ma caring spouse, my clean	
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