



**Mindsets for Success,
Happiness & Fulfilment**

*Daily
Handbook*

— by —

Swami Mukundananda

*Best Wishes for a
Healthy & Happy life!*

Swami Mukundananda



Please open the workbook in Adobe Acrobat for best experience!

Complete the Mindset activity and journal (Edit the PDF directly in Adobe Reader and save it on your computer OR print the PDF, complete the sections and scan the workbook).

Email the completed workbook to admin@jkyog.org to receive a special gift!

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Instructions

Overview

This Daily Handbook is an aid to apply the tools and methodologies outlined in the bestseller “7 Mindsets for Success, Happiness & Fulfilment” by Swami Mukundananda. The mindset activity and daily reflections are specially designed to help people implement the teaching and succeed in their life by being good, doing good and feeling good.

What is contained in this Manual?

- ▶ **Mindset Summary** – A summary of the mindsets will outline the key topics covered by Swami Mukundananda during his lecture in the JKYog Family camp. This will serve as a great tool to revise and refresh the concepts learned on this topic.
- ▶ **Mindset Activity** - The Mindsets activity is intended to serve as a guiding tool to track the key priorities in life and effectively apply the mindsets. Doing this activity will enable the aspirant to identify the key areas in their life where the relevant mindsets can be implemented.
- ▶ **Daily Reflections** - The daily reflections has been designed to help you adapt the powerful 7 mindsets that you have learned (also summarized in this document). For effective and everlasting results, the aspirants can augment this daily reflection journal with their everyday spiritual and mindfulness practice. Using this tool, you can speed up the process of growing from within.

The Daily Reflections should be used twice daily. Once in the morning, preferably before you start the day and once in the evening after you complete your daily activities and retire to bed. There are two ways in which you can effectively use this journal:

- 1. If you have already attended the ‘Life Transformation Workshop’ (KripaluPadhati and KripaluPrakriya techniques covered by Swami Mukundananda ji), then you can use this section as a replacement for the ‘contemplation’ part of KripaluPadhati.
- 2. If you have not attended any prior workshops, then you can use this as a step-by-step guide to develop positive mindsets for success.

MINDSET #1 - *Positive Thinking*

SUMMARY



- Attitude is a choice. It is not fixed and can be changed.
- Success in life is not dependent on what you have but on how you think.
- A positive attitude helps in at least three significant ways:
 - It can make us a happier person.
 - It can improve performance at work.
 - It can enhance our physical health.
- Let go of ego (Edging God Out): Ego deceives us into believing that the world exists for the fulfilment of our desires.
- God is the center of the universe, not we, and the entire creation is for His sake. You are meant to fulfil the will of God and not the other way around.
- When you efface your self-conceit, you will begin to appreciate the many graces you have received.
- Be humble and become more aware of the numerous blessings we have received. Learn to be thankful for these graces, which will enable you to find ample reasons for positive thinking.

“*When we subdue our selfish desires, we wake up to a higher purpose that God has in store for us! We then realize that the universe is eager to bestow infinite blessings and opportunities for the soul to evolve and manifest its divine destiny.*”

MINDSET #1 - Positive Thinking

ACTIVITY

List at least five blessings that you are grateful for.

Identify the circumstances that trigger negative thoughts in you.

In the same circumstances, note down the possible positive attitudes that you could have harbored.

DAILY PRACTICE *MINDSET #1 - Positive Thinking*

Remember that attitude is a choice. Choose a positive attitude in every situation. Count your blessings for a few minutes every day and be thankful for the graces you have received.

MINDSET #1 - *Positive Thinking*

DAILY REFLECTIONS

“We can be happy, irrespective of external factors by developing a positive mindset.”

Morning Manifesto

1. One thing I look forward to TODAY:

2. Three Priority tasks for today are:

3. One obstacle that I anticipate today and how I intend to deal with it

MINDSET #1 - *Positive Thinking*

DAILY REFLECTIONS



Evening Reflection

1. Three things I am grateful today

2. Best thing that happened today

3. Biggest lesson I learned today

Rumination/Contemplation

Write down the important thoughts, goals, plans and what you want to do about it.

Self-Growth Analysis

Rate on a scale of 1 to 10, how you performed on your Self-growth activities

a. Yoga & Pranayam

1 2 3 4 5 6 7 8 9 10

c. Reading/Learning

1 2 3 4 5 6 7 8 9 10

b. Spiritual Practices (Sadhana & Meditation)

1 2 3 4 5 6 7 8 9 10

d. Journaling

1 2 3 4 5 6 7 8 9 10

7 MINDSETS DAILY PRACTICE



Morning

List the mindset(s)
you want to practice today

How and where will you apply this
mindset today?



Evening

Rate how you applied it
today.

1 2 3 4 5 6 7 8 9 10

How and where could you improve
this further?

Your Name

Enter your e-mail

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in order to receive a special gift.