



**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 #2 - Take Responsibility

SUMMARY



- Your mood is your choice! There exists a gap between the stimulus and response.
- Successful people take responsibility for their thoughts and exercise the freedom to choose their feelings irrespective of situations. Thus, they respond maturely to difficult situations.
- People are either Reactive or Proactive
 - **Reactive People** – They are emotionally immature. They believe that attitude is predetermined and dependent on external factors.
 - **Proactive People** – They are emotionally mature. They believe that attitude is a choice and it is our responsibility (ability-to-respond) to control how we behave.
- Learn to be proactive by exercising your free will to choose your emotions.
- God gives us the power to perform our actions. It is our responsibility to use that power for constructive purposes.

God has blessed us with free-will so that we can choose to love Him!

“Do not fall victim to the temptation of playing the blame game. Refrain from being obsessed with problems, and instead apply yourselves to the solutions.

MINDSET #2 - *Take Responsibility*

ACTIVITY

Outline a scenario when you were reactive and outline the damage such thinking caused to you.

Elaborate what you could have done to be proactive in the same scenario and the benefits that would have accrued from it.

Mention one thing that you will strive to implement today to take responsibility for your emotions?

DAILY PRACTICE *MINDSET #2 - Take Responsibility*

Daily morning, resolve to be more proactive and focus on finding solutions when problems arise.

MINDSET #2 - *Take Responsibility*

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 #2 - *Take Responsibility*

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

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in order to receive a special gift.