



**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](mailto: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 #3 - *Inspiration*

## SUMMARY



- › Inspiration is the enthusiasm, the motivation that you bring to your work and life!
- › Inspiration is what enriches your thoughts and powers you to excellence! Inspiration brings quality to your life - it is essential for success!
- › Inspiration helps you to overcome all difficulties and motivates you to put in your best efforts, focus, and do well.
- › It was due to inspiration that many people were able to overcome all obstacles and become successful in their respective fields.
- › Maharishi Patanjali - "When you engage in spiritual practice, put in your best efforts with enthusiasm!"
- › Inspiration is not a gift one is born with. Inspired mindset can be developed with proper knowledge and motivation.
- › There are two kinds of motivation - internal and external
- › External motivation - short-lived and ephemeral
- › Internal motivation - long-lasting and a constant inner resource
- › To get inspired from within, identify a strong reason or 'why'
  - A strong reason for doing something results in a deep desire to achieve the goal.
  - Deep desire results in a firm resolve.
  - Firm resolve makes you put in tremendous effort.
  - Putting tremendous effort helps you achieve your goal.
- › ONE STRONG REASON THAT WILL KEEP YOU INSPIRED...
  - Value the human form and use it for your eternal welfare to elevate the soul and reach the supreme destination of God!

“*Inspiration is the sword that enables us to cut through difficulties.  
It is also the anchor that brings us to victory from the brink of defeat.*”

## MINDSET #3 - *Inspiration*

# ACTIVITY

**In which areas of your life do you feel you need more inspiration for greater success?**

**For each of the areas above, make a list of the various ways in which greater inspiration would benefit you.**

**How can you sustain internal inspiration in these areas?**

## **DAILY PRACTICE** *MINDSET #3 - Inspiration*

Spend a few minutes everyday deepening your inspiration in important areas of your life.

# DAILY REFLECTIONS

“*Inspiration is an essential ingredient for success. It is the elixir that keeps one strong even in difficult times.*”

## 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**

# 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.