



**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 #4 - *Intention*

SUMMARY

- Our intention will be considered pure when our definition of success is pure, and we are sincerely striving to achieve it.
- Success in life means to be good, to do good and to feel good. Success should be measured against these three criteria:
 - To become the best we can be - The goal of the human journey is to keep growing in virtue. If we are trying to be the best we can presently be, then we are leading a successful life.
 - To do the best we can in the works we undertake - Each of us is uniquely gifted with our individual talents. We wish to see our innate abilities productively utilised to make a difference in the world, beneficially impacting the lives of people around us.
- To experience happiness and satisfaction in life - We all want to be happy. Only when we purify our mind do we get the happiness that is truly satisfying. The happiness we are searching is not on the outside; rather, it is within us and is accessed through purity.
- The purity of intention is the desire to please God with our every thought, word and deed.
- The satisfaction that our soul is seeking comes from purity of intention, efforts and feelings. If there is impurity, our inner sense of dissatisfaction conveys to us that there is yet much to be desired.
- Stress develops when we are attached to a particular outcome and are worried that things may not turn out as we desire.
- The remedy for stress is to give up attachment to the outcome. Simply focus on your efforts, not on the results.
- When we are able to keep the mind in divine consciousness and continue doing our worldly duties alongside, that is 'karm yog'. When every work of ours becomes worship of the Lord, then automatically our intentions become divinely pure.
- Practice the presence of God. Throughout our waking state, we have constant awareness of ourselves. Now we need to make space for God in our awareness and practice realising his constant presence with us.

“ *When our intentions are purified, we see ourselves as servants of God. We maintain humility and realize that His grace makes all things possible. The purity of purpose also improves our interpersonal skills, enables us to move towards our goal of God-realization and attracts the abundant grace of God.* ”

MINDSET #4 - *Intention*

ACTIVITY

What are the intentions behind your professional/personal work? What could be a higher intention that you could develop?

What are some activities that create stress for you? What steps are you planning to take to eliminate stress going forward?

What has been your definition of success? How would you like to define success now?

DAILY PRACTICE *MINDSET #4 - Intention*

For a few minutes daily, contemplate on the higher intention you desire to develop. Visualize yourself planting the intention in your mind, deep and firm.

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

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